



What is it?

- **Sickle Cell Trait**- people who inherit 1 sickle cell gene and 1 normal gene have the sickle cell trait; people with sickle cell trait usually do not have symptoms but pass it on to their children
- **Sickle Cell Disease**- a group of inherited red blood cell disorders- the RBC's are hard, sticky, look like C-shaped farm tools, die early and cause a shortage of RBC's, also get stuck in the small blood vessels and clog the blood flow, present at birth, inherited when a child receives 2 sickle cell genes- one from each parent, are at higher risk for infections and other health problems
 - **Healthy Red Blood Cells**- round, move through small blood vessels to carry oxygen to all parts of the body

Signs and Symptoms:

- Pain, anemia, infection, hand-foot syndrome, acute chest syndrome, splenic sequestration, vision loss, stroke, leg ulcers, and more

Recommendations:

- **Avoid**- eating raw meats and eggs, unwashed fruits and vegetables, reptiles as turtles, snakes and lizards due to salmonella
- **Prevention**- try not to get too hot or cold, avoid high altitudes,
 - **Proper and often hand washing**- before eating, when preparing foods, wash all fresh fruits and vegetables, after going to the bathroom, after blowing nose, touching face, shaking hands, coughing, sneezing, touching an object or animal, trash, dumpster area, when caring for a sick person or animal
 - **Proper Cooking of Foods**- hot foods 135 °F or higher and cold foods 41 °F or lower, cook meat until the juices are clear and no pink color, do not eat raw or uncooked eggs in foods as cookie or cake batter, homemade dressings, homemade ice cream or any food or foods with raw eggs, avoid unpasteurized milk and eggs, make sure all that you eat is pasteurized- milk, dairy foods, and eggs due to salmonella



What can I do?

- **See your Health Care Provider**- simple blood test to diagnosis, talk with about vaccines- flu, (pneumococcal vaccine, and meningococcal vaccine- for some children), can be diagnosed before or at birth
- **See a Registered Dietitian**- drink plenty of water, food handling precautions

