Toolkit 3:

For Schools, Employers, and Community

1. Understanding vWD

- vWD is an inherited condition — it is not contagious.
- People with vWD may bleed longer after an injury or surgery.
- Symptoms may be mild or severe. Some students/employees may not need daily treatment, but staff should be aware.

2. Supporting Students in Schools

- Develop an Individualized Healthcare Plan (IHP) with parents and the school nurse.
- Be prepared for nosebleeds: sit upright, lean forward, pinch your nose.
- Allow flexibility: rest breaks, bathroom passes, and extra time off for appointments.
- Support safe sports participation: encourage swimming, yoga, track, and avoid high-contact sports.
- Teachers/coaches should notify parents about unusual bruising or injuries.

3. Supporting Employees at Work

- Employers can help by:
- Allowing flexible time for medical appointments.
- Training staff to respond to nosebleeds or injuries.
- Providing ergonomic modifications if joint bleeds are an issue.
- Respecting privacy and creating a supportive, stigma-free workplace.

4. Emergency Response Quick Guide

- Mild bleeding: Apply pressure, use ice, and monitor.
- Severe bleeding: Call 911 and notify caregiver or emergency contact.
- Always contact the hematology team after a serious bleed.

5. Templates & Tools

- Sample School Health Plan (IHP): Lists symptoms, staff actions, and emergency contacts.
- Sample Workplace Emergency Protocol: Step-by-step response for supervisors and first aid staff.

6. Resources

- National Hemophilia Foundation (NHF): www.hemophilia.org
- Hemophilia Federation of America (HFA): www.hemophiliafed.org
- Hemophilia Treatment Centers (HTCs): Local clinics that provide specialized care and training.