

How to recognise a bleed...

Your child may experience some or all of the following

Head bleed

- Headache
- Drowsiness
- Nausea
- Vomiting
- Unsteady balance
- Irritability
- Confusion
- Seizures
- Loss of consciousness

Joint or muscle bleed

- Tingling/tightness
- Pain
- Redness
- Swelling
- Warmth
- Tenderness
- Reluctance to move affected limb



The Jersey
Haemophilia
Group



WHAT WE DO:

Support

Financial & Emotional
Advice for you and your family

Come and join us

Join the local community of
Haemophiliacs

Resources

Links to fellow sufferers and families

WAYS TO DONATE:

You can donate by going online
to the Jersey Haemophilia Group
website: jhg.org.je

 [facebook/JerseyHaemophilia](https://www.facebook.com/JerseyHaemophilia)

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 <https://www.jhg.org.je>

The Jersey Haemophilia Group
Flat 1, Three Gables, The Avenue,
St Clement, Jersey JE2 6PD

HAEMOPHILIACS AREN'T A BLEEDING PROBLEM!

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Haemophilia
Group



**A general guide to
Haemophilia, its symptoms
and support in Jersey**

You have Haemophilia if your blood does not have enough clotting factor



Haemophilia types...

A 80%

Haemophilia A
Lack of clotting factor XIII

B 20%

Haemophilia B
Lack of clotting factor IX

Some women who carry the gene H^{XX} live with symptoms for years without being diagnosed



Haemophilia in Men & Women

Most Haemophilia patients are men



Women carry and pass on the Haemophilia gene



Sign up for the Jersey Haemophilia Newsletter with advice for you and your family.

Send us your details via our website...

Newly diagnosed with a bleeding disorder...

Receiving a diagnosis can leave patients and their families with apprehension and many questions about living with a bleeding disorder.



- Can I give blood?
- Can I play sports?
- Can I get a Tattoo?
- Am I eligible for free prescriptions?
- Can I get health insurance
- Can I get life insurance

Healthy Living

The JHG can give you advice on living a full life with a bleeding disorder, exercise, staying active etc.

Travel

A business trip or a family holiday to the sun we can give you guidance and precautions for your trip.

Mental Health

If you are feeling anxious, angry, frustrated or low, JHG realises having a blood disorder can place extra demands on you.