

# STAC

SICKLE CELL TRAIT AWARENESS CAMPAIGN: CA

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**CAYENNE**

Wellness Center and  
Sickle Cell Disease Education & Awareness

## PLAY IT SAFE... HYDRATE.

### WHAT'S SCT?

**Sickle Cell Trait (SCT) means that a person has inherited the sickle cell gene from one of their parents.**

### WHO HAS IT?

**Approximately 3 million people in America have Sickle Cell Trait and many are unaware of their status.**

### WHAT CAN ATHLETES DO?

**Reduce exercise-related illness by:** (1) drinking enough water; (2) taking breaks when needed; (3) refraining from consuming high-caffeine energy drinks and other stimulants; (4) seeking care or assistance immediately if showing signs or symptoms of exercise-related illness; (5) having fun.

Participating in regular physical activity is one of the most important things you can do for your health. This is true for everyone, including those with Sickle Cell Trait (SCT).

**LEARN MORE:**



- ▶ [stac-california.org](http://stac-california.org)
- ▶ **Become an Ambassador**
- ▶ **Contact Us**

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