Hereditary spherocytosis is an autosomal dominant disorder that causes severe anemia. Its prevalence is approximately 1/5,000. The frequency of homozygous mutant individuals can be estimated to be approximately:

affected are SS and Ss
therefore $1 - \frac{1}{5000} = \frac{4999}{5000}$ or $0.9998 = p^2$
p = 0.9999, q = 0.0001 or $10^{-4}$
so $q^2 = 10^{-8}$

Alternative:
most are heterozygotes, so $2pq = \frac{1}{5000}$, $p \sim 1$
$q = \frac{1}{10,000} = 10^{-4}$
$q^2 = 10^{-8}$