Guide to social distancing for rheumatology and ophthalmology patients

The Leeds Teaching Hospitals

Based on guidelines from British Society for Rheumatology and related medical associations , created by consultant rheumatologists at Leeds Teaching Hospitals

NHS Trust and adapted by UCSG

START HERE Can you answer yes to any of the the following? Are you over 70 years old? Do you take 20mg or more of prednisolone a day and • Have you had one of the following: diabetes, lung disease, kidney disease, angina, heart attack or heart have done for more than 4 weeks? failure, or need tablets for your blood pressure? This includes involvement of your lungs, heart or kidneys from your rheumatic disease. Have you received a drug called cyclophosphamide • Have you needed extra treatment for your underlying disease due to a flare in the last 3 months? within the last 6 months? Do you get recurrent infections? OR Have you been taking 5mg or more of prednisolone daily for 4 weeks or longer, AND one or more of the medications in the blue box? Do you take **ONE OR MORE** of the medications in the blue Do you take **ONE OR MORE** of the medications in the blue box below? box below? OR OR Have you been taking 5mg or more of prednisolone daily for Have you been taking 5mg or more of prednisolone daily for 4 weeks or longer? 4 weeks or longer? Your risk is LOWER You are at HIGH risk and we advise you to You are at LOW risk FOLLOW STRICT SOCIAL DISTANCING (no work outside the FOLLOW STRICT SOCIAL DISTANCING at this time follow the government's SHIELDING house and limit face to face interaction with people outside recommendations at your home). Speak to your doctor if there are additional

BLUE BOX

www.gov.uk/coronavirus

Conventional immunosuppressant medications include: azathioprine, leflunomide, methotrexate, mycophenolate (mycophenolate mofetil or mycophenolic acid), ciclosporin, cyclophosphamide, tacrolimus, sirolimus.

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Biologic/targeted synthetic medications include: rituximab (within the last 12 months); or anti-TNF drugs (etanercept, adalimumab, infliximab, golimumab, certolizumab); tocilizumab; abatacept; belimumab; anakinra; secukinumab; ixekizumab; ustekinumab; sarilumab; canakinumab, baracitinib, tofacitinib, or any biologic biosimilars, eg, Amgevita, Hulio, Hyrimoz, Imraldi.