

Guide to social distancing for rheumatology patients based on BSR and consultant view

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Do you take 20mg or more of prednisolone a day and have done for more than 4 weeks?

OR

Have you received a drug called cyclophosphamide within the last 6 months?

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?

Yes

You are at **HIGH** risk and we advise you to follow the government's **SHIELDING** recommendations at www.gov.uk/coronavirus

No

Can you answer **yes** to any of the the following?

- Are you over 70 years old?
- Have you had one of the following: diabetes, lung disease, kidney disease, angina, heart attack or heart failure, or need tablets for your blood pressure? This includes involvement of your lungs, heart or kidneys from your rheumatic disease.
- Have you needed extra treatment for a flare in the last 3 months?
- Do you get recurrent infections?

Yes

Do you take **ONE OR MORE** of the medications in the blue box below?
OR
Have you been taking 5mg or more of prednisolone daily for 4 weeks or longer?

Yes

You are at **MODERATE** risk and we advise **STRICT SOCIAL DISTANCING** (no shopping, exercise outside the house or work outside the house)
If there are other concerns or high risk circumstances you may need to follow shielding recommendations

No

No

Do you take **ONE OR MORE** of the medications in the blue box below?
OR
Have you been taking 5mg or more of prednisolone daily for 4 weeks or longer?

Yes

You are at **LOW** risk and we advise you follow **STANDARD SOCIAL DISTANCING** as for the general public

No

BLUE BOX

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

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; sarilumumab; canakinumab, apremilast, baracitinib, tofacitinib, or any biologic biosimilars.