

Social distancing for rheumatology patients on immunosuppressants and steroids

START HERE

Do you take **ANY** of the medicines in the blue box
OR prednisolone?
(If **NO** – this guidance does not apply to you: follow **STANDARD SOCIAL DISTANCING**)

Yes

Do you take 20mg or more of prednisolone a day and have done for the last 4 weeks?
OR
One medicine in the blue box **AND** 5mg or more of prednisolone for the last 4 weeks
OR
Have you received a drug called cyclophosphamide within the last 6 months?
OR
Pulmonary Hypertension

Yes

SHIELDING

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

How many of the medicines in the blue box do you take?

Two **OR**
Prednisolone
5 – 20mg

One

None

STRICT SOCIAL DISTANCING
(minimising contact, no outside work, shopping or exercise)

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No

How many of the medicines in the blue box do you take?

Two **OR**
Prednisolone
5 – 20mg

One or None

BLUE BOX: What are immunosuppressants?

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

Biologic and targeted synthetic medications include: rituximab (within the last 12 months); TNF inhibitors (etanercept, adalimumab, infliximab, golimumab, certolizumab); tocilizumab; abatacept; belimumab; anakinra; secukinumab; ixekizumab; ustekinumab; sarilumab; canakinumab, apremilast, baricitinib, tofacitinib, interferon-alpha, or any biologic biosimilars.