

Guide to social distancing for rheumatology patients

Based on guidelines from British Society for Rheumatology and related medical associations and agreed by Cwm Taf Morgannwg consultant rheumatologists

START HERE

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 DRUG BOX below?

Yes

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

No

Do you take **ONE OR MORE** of the medications in the DRUG BOX below?

OR

Have you been taking 5mg or more of prednisolone daily for 4 weeks or longer?

Do you take **ONE OR MORE** of the medications in the DRUG BOX below?

OR

Have you been taking 5mg or more of prednisolone daily for 4 weeks or longer?

Yes

No

Yes

No

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

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

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

DRUG 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.