

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 or more medications in the blue box **AND** 5mg or more of prednisolone daily for the last 4 weeks
OR
Have you received a drug called cyclophosphamide within the last 6 months?

Yes

SHIELDING

No

Can you answer yes to **ANY** of the following co-morbidities?

- Are you over 70 years old?
- Have you had or have one of the following: diabetes mellitus, lung disease, kidney impairment, angina, heart attack, or need tablets for your bloodpressure?

Yes

How many of the medicines in the blue box do you take?
OR are you taking Prednisolone 5-20mg daily for last 4 weeks

Prednisolone 5 – 20mg

Two or more

One

SHIELDING

STRICT SOCIAL DISTANCING

No

How many of the medicines in the blue box do you take?
OR are you taking Prednisolone 5-20mg daily for last 4 weeks

Prednisolone 5 – 20mg

Two or more

One

STRICT SOCIAL DISTANCING

STANDARD SOCIAL DISTANCING

Social distancing for rheumatology patients on immunosuppressants and steroids

Adapted from BSR Guidelines. York Hospitals Rheumatology Department.

Information about Sulphasalazine and Hydroxychloroquine: These medications are not deemed significant immunosuppressants. Please follow standard social distancing if on one or both of these medications and no prednisolone or others in the blue box.

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); anti-TNF drugs (etanercept, adalimumab, infliximab, golimumab, certolizumab); tocilizumab; abatacept; belimumab; anakinra; secukinumab; ixekizumab; ustekinumab; sarilumumab; canakinumab, apremilast, baricitinib, tofacitinib.