

## 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**

Two **OR**  
Prednisolone  
5 – 20mg

**STRICT SOCIAL DISTANCING**

One

**STANDARD SOCIAL DISTANCING**

None

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?

No

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

Two **OR**  
Prednisolone  
5 – 20mg

**STRICT SOCIAL DISTANCING**

One or None

**STANDARD SOCIAL DISTANCING**

### 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); or anti-TNF drugs (etanercept, adalimumab, infliximab, golimumab, certolizumab); tocilizumab; abatacept; belimumab; anakinra; secukinumab; Ixekizumab; ustekinumab; sarilumab; canakinumab, apremilast, baricitinib, tofacitinib, interferon-alpha, or any biologic biosimilars.

Based on guidelines from British Society for Rheumatology and related medical associations. Agreed by Consultant Rheumatologists at Leeds 31 March 2020