

Information leaflet for people receiving treatment for chronic rheumatic diseases in the context of the COVID-19 infection

Self-isolation in people who have chronic rheumatic diseases is complex and national guidance (Government and the British Society for Rheumatology) has been published to help us to form recommendations on an individual basis. The Rheumatology team at the East Suffolk and North Essex Foundation Trust have agreed on the following criteria for advising self-isolation for 12 weeks. **If you score 2 points or more, please self-isolate.**

Criteria	Points
Age over 70	2
Prednisolone dose: <ul style="list-style-type: none"> • 20 mg or above • 5mg to 19mg daily 	2 1
Cyclophosphamide treatment within last 6 months	2
Anti-rheumatic drugs (listed below) NOTE: sulphasalazine and hydroxychloroquine no score	1 point for each
Biologic drugs (listed below)	1 point each
Other health problems (see below)	1 point each

Anti-Rheumatic Drugs include

- Methotrexate
- Leflunomide
- Azathioprine
- Ciclosporin
- Tofacitinib
- Baricitinib

Biologic drugs include

- Abatacept
- Adalimumab
- Certolizumab
- Etanercept
- Golimumab
- Infliximab
- Ixekizumab
- Rituximab
- Sarilumab
- Secukinumab
- Tocilizumab
- Ustekinumab

Other health problems include (only if there is a previous definite diagnosis)

- Heart attack (myocardial infarction)
- Chronic heart failure

- Hypertension
- Chronic lung disease
- Peripheral vascular disease (blocked arteries in your limbs)
- Stroke (cerebrovascular accident) or TIA (transient ischaemic attack)
- Dementia
- Connective tissue disease
- Peptic ulcer disease
- Chronic liver disease (not short-lived abnormalities of blood test)
- Diabetes Mellitus
- Chronic kidney disease (on or being considered for dialysis, post-kidney transplant)
- Cancer
- AIDS (not just HIV positive)

Everyone else should socially distance:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/>

Below is a link to the British Society for Rheumatology with further information which is regularly updated.

<https://www.gov.uk/government/organisations/public-health-england>

Yours sincerely

Ipswich and Colchester Rheumatology Consultants

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