

START HERE

Do you take any medicines **in the blue / shaded box** or prednisolone?
(If **NO** – this guidance does not apply to you: follow **STANDARD SOCIAL DISTANCING ADVICE**)

Yes

Are you over the age of 70?

OR

Do you take 20mg 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 for the last 4 weeks?

OR

Have you received a drug called cyclophosphamide within the last 6 months?

OR

Do you have Pulmonary Hypertension

Yes

COCOON

<https://www2.hse.ie/conditions/coronavirus/cocooning.html>

Advice for Rheumatology Patients on Immunosuppressants and Steroids

Can you answer yes to ANY of the following?

- 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?
- Do you get recurrent infections requiring medical treatment?

No

Yes

No

STAY AT HOME

(Plus minimise contact or shopping)
Any essential worker should notify Occupational Health to discuss their options for safe working.

BLUE BOX: What are Immunosuppressants?

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

Biologic and targeted synthetic medications include: ; anti-TNF drugs (etanercept, adalimumab, infliximab, golimumab, certolizumab); tocilizumab; abatacept; belimumab; anakinra; secukinumab; ixekizumab; ustekinumab; sarilumumab; canakinumab, apremilast, baracitinib, tofacitinib, or any biologic biosimilars.