

# 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**

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

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

Two **OR**  
Prednisolone  
5 – 20mg

One

None

**STRICT SOCIAL DISTANCING**

**STANDARD SOCIAL DISTANCING**

No

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

Two **OR**  
Prednisolone  
5 – 20mg

One or None

**STRICT SOCIAL DISTANCING**

**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.