



More information on shielding, medical problems and immunosuppression medication

You may have had a letter from the Chief Medical Officer about shielding from COVID-19. Please carefully read the letter and ring us at the surgery if you want to discuss the letter or update us with your next of kin information. Shielding information is also on this link: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding>

If you are following shielding advice or if you take the drugs listed below and develop any symptoms of COVID 19 (new fever, cough, hoarse voice, blocked nose, runny nose, sneezing, breathlessness, sore throat, wheezing, coughing, flu like illness) please promptly ring 111 as well as self-isolating. In addition, please follow the advice on the patient information leaflet your specialist gave you when you started the drug about what to do if you have any symptoms of infection, bruising, mouth ulcers or rash on these drugs.

Common immunosuppressant drugs include :

Abatacept	Etanercept (Enbrel, Elrezi, Benepali)
Adalimumab (Humira, Amgevita, Hulio, Hyrimoz, Imraldi)	Golimumab (Simponi)
Anakinra SCc	Infliximab (Remicade, Inflectra)
Apremilast	Ixekizumab (Talz)
Azathioprine	Leflunomide
Baricitinib	Methotrexate
Canakinumab	Mercaptopurine
Certolizumab (Cimzia)	Mycophenolate mofetil / mycophenolic acid
Belimumab	Myfortic
Ciclosporin	Prednisolone
Cyclophosphamide	

Rituximab(Mabtherna/Truxima/Rix
athon) in the last year
Sarilimumab
Seukinamab (Cosentyx)
Sirolimus

Tocilizumab
Tofacitinib
Tacrolimus
Ustekinumab (Stelara)

The links below can help you to understand if your condition or the medication you take should prompt you to follow shielding or social distancing advice against COVID-19.

For digestive system problems such as Chrons disease and Ulcerative Colitis and drugs started by gastroenterologists: <https://www.bsg.org.uk/covid-19-advice/bsg-advice-for-management-of-inflammatory-bowel-diseases-during-the-covid-19-pandemic/>

For drugs started by rheumatologists
: <https://www.versusarthritis.org/news/2020/march/coronavirus-covid-19-what-is-it-and-where-to-go-for-information/>

For drugs started by dermatologists for skin problems:
<https://www.skinhealthinfo.org.uk/covid-19-coronavirus-immunosuppressive-treatments/>

Information for people with lung disease:
<https://www.brit-thoracic.org.uk/about-us/covid-19-resources-for-people-with-lung-disease/>