

Do you take 20mg or more of prednisolone a day and have done
for more than 4 weeks?

or

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

or

Do you take any of the medications [here?](#)

Yes

Are You Taking

Conventional immunosuppressant :

Mycophenolate
Methotrexate
Azathioprine,
Leflunomide,
ciclosporin,
cyclophosphamide,
tacrolimus,
sirolimus.

Biologic/targeted synthetic medications:

Rituximab (within the last 12 months);
Tocilizumab
anti-TNF drugs (etanercept, adalimumab, infliximab,
golimumab, certolizumab);
Any other biologic such as abatacept;
belimumab; anakinra; secukinumab;
Ixekizumab; ustekinumab; sarilumumab;
canakinumab, apremilast,
or any biologic biosimilar
Or
baracitinib, tofacitinib, nintedanib.

YES

NO

Can you answer yes to any of the the following?

- Are you over 70 years old?
- Do you have :
 - Lung fibrosis , ILD or Pulmonary Hypertension
 - kidney disease,
 - ischaemic heart disease (angina, heart attack or heart failure)
 - or high blood pressure?
- Have you had recurrent infections due to your immunosuppressant treatment?

YES

NO

You must stay at home and go out only for

1. Grocery and essential needs, as infrequently as possible
2. One form of exercise by your self or with members of your family
3. Go to work if you cannot work from home
4. Any medical need or to provide care for a vulnerable person

**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**

[Click here for full government advice](#)

You are at **high risk** and we advise you to

“Shield”

as per

Government shielding guidelines