What's my risk level?

Do any of the following apply to you?
- I'm currently taking oral or intravenous steroids equivalent to 20mg or more of prednisolone per day (except budesonide or beclomethasone)
- I have started a new biologic medicine within the last 6 weeks, in combination with another immunosuppressant or steroids (except budesonide or beclomethasone)
- I have short gut syndrome which requires nutritional support
- I take parenteral nutrition

Yes

No

My Crohn's or Colitis is active - e.g. you're in a flare

Do any of the following apply to you?
- I'm over 70 years old
- I take medicines for high blood pressure
- I take insulin or tablets for diabetes
- I take inhalers or tablets for asthma everyday
- I have emphysema, COPD or another respiratory condition which limits how much I can do day-to-day
- I've been diagnosed with angina (chest pain caused by your heart) or had a heart attack or a stroke.
- I have heart failure which limits how much I can do
- I have heart valve disease which limits how much I can do, or I've had heart valve surgery

Yes

No

Are you taking any of the following medicines?
With the exception of steroids, answer yes if you've taken any of these medicines within the last three months

BIOLOGICS
- Ustekinumab (Stelara)
- Vedolizumab (Entyvio)
- Infliximab (Remicade, Inflectra, Remsima, Zessly)
- Adalimumab (Humira, Amgevita, Hyrimox, Imraldi, Hulio)
- Golimumab (Simponi)

IMMUNOSUPPRESSANTS
- Azathioprine (Imuran)
- Mercaptopurine (6-MP)
- Thioguanine (6-thioguanine)
- Methotrexate (Maxtrex, Methofill, Mefloject, Ebetrex, Namaxir, Nordimet and Zialat)
- Tacrolimus
- Ciclosporin
- Steroids equivalent to less than 20mg prednisolone per day (except budesonide or beclomethasone)

JANUS KINASE INHIBITORS
- Tofacitinib (Xeljanz)

OTHER
- Immunosuppressant or biologic medicine as part of a clinical trial

Yes

No

My Crohn's or Colitis is active - e.g. you're in a flare

Are you taking any of the following medicines?

IMMUNOSUPPRESSANTS
- Azathioprine (Imuran)
- Mercaptopurine (6-MP)
- Thioguanine (6-thioguanine)
- Methotrexate (Maxtrex, Methofill, Mefloject, Ebetrex, Namaxir, Nordimet and Zialat)
- Tacrolimus
- Ciclosporin
- Steroids equivalent to less than 20mg prednisolone per day (except budesonide or beclomethasone)

5-ASAs (e.g. mesalazine, sulphasalazine, olsalazine)
- Rectal therapies (e.g. steroid or 5-ASA suppositories or enemas)
- Orally administered topically acting steroids (budesonide or beclomethasone)
- Medicine for bile acid diarrhoea (colestyzamine, colesvelam, colestipol)
- Anti-diarrhoeals (e.g. loperamide (Imodium)
- Antibiotics for bacterial overgrowth or perianal disease

Yes

No

Are you taking any of the following medicines?

Do any of the following apply to you?
- I'm over 70 years old
- I take medicines for high blood pressure
- I take insulin or tablets for diabetes
- I take inhalers or tablets for asthma everyday
- I have emphysema, COPD or another respiratory condition which limits how much I can do day-to-day
- I've been diagnosed with angina (chest pain caused by your heart) or had a heart attack or a stroke.
- I have heart failure which limits how much I can do
- I have heart valve disease which limits how much I can do, or I've had heart valve surgery

Yes

No

High risk
(Extremely clinically vulnerable)
You have a higher risk of severe illness from COVID-19. Shielding has paused in all UK nations. For your safety you should strictly follow the government’s advice on social distancing and practice good hand washing hygiene. Find out what extra precautions to take.

Moderate risk
(clinically vulnerable)*
You have a moderate risk of severe illness from COVID-19. You should strictly follow the government’s advice on social distancing. Find out what extra precautions to take.

Social distancing as for the general population*
You have a low risk of severe illness from COVID-19. You should follow the government’s advice on social distancing. Find out what precautions to take.

* This information on risk is only about Crohn’s and Colitis. There are other factors which can impact your risk, such as your gender, ethnicity, age and other health conditions. Speak to your GP or healthcare team if you’re worried.