

## What's the risk for children?

Children aged 16 -19 years old should ask their IBD Team whether they should follow the risk guidance for children or adults.

### Do any of the following apply to your child?

- Your child's Crohn's or Colitis is active – e.g. they're in a flare
- Currently taking oral or intravenous steroids (except budesonide / beclomethasone) equivalent to 20mg or more prednisolone per day (weigh more than 40kg), or 0.5mg/kg prednisolone per day (weigh less than 40kg)
- Started a new biologic medicine within the last 6 weeks in combination with another immunosuppressant or steroids (except budesonide or beclomethasone)
- Takes parenteral nutrition or has short gut syndrome which requires nutritional support (speak to your child's IBD Team as not all children in this group will need to shield)

No

### Does your child have any other health conditions that could put them at a high risk of severe illness from COVID-19?

Such as

- Respiratory or neurological (e.g. cerebral palsy, asthma, cystic fibrosis)
- Cardiac (heart conditions)
- Endocrine or metabolic (e.g. diabetes, growth disorders, genetic conditions)
- Cancer or blood disorders

Yes

This information on risk is only about Crohn's and Colitis. If your child has another health condition their risk may be higher. If you're unsure or worried about your child's risk, speak to their healthcare team.

You can also read the [RCPCH shielding guidance](#) for other health conditions.

No

### Is your child taking any of the following medicines?

#### BIOLOGICS

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

#### STEROIDS

- Orally administered topically acting steroids (budesonide or beclomethasone)
- All other steroid doses (except those in the first box)

#### IMMUNOSUPPRESSANTS

- Azathioprine (Imuran)
- Mercaptopurine (6-MP)
- Thioguanine (6-thioguanine)
- Methotrexate (Maxtrex, Methofill, Metoject, Ebetrex, Namaxir, Nordimet and Zlatal)
- Tacrolimus
- Ciclosporin

#### JANUS KINASE INHIBITORS

- Tofacitinib (Xeljanz)

#### OTHERS

- 5-ASAs (e.g. mesalazine, sulphasalazine, olsalazine)
- Rectal therapies (e.g. steroid or 5-ASA suppositories or enemas)
- Exclusive Enteral/Partial Enteral Nutrition (Liquid diets) or other diet based therapy for Crohn's Disease
- Antibiotics for bacterial overgrowth or perianal disease
- Immunosuppressant or biologic medicine as part of a clinical trial

Yes



### Speak to your child's healthcare team about whether they should be shielding

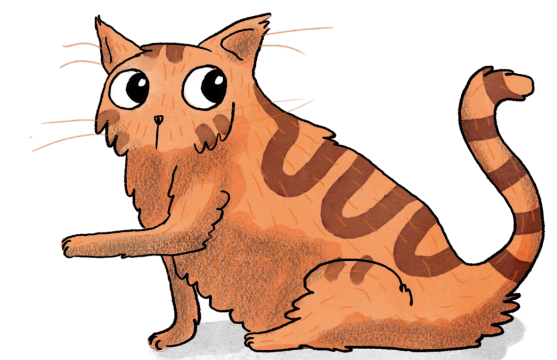
Your child may have higher risk of severe illness from COVID-19 and may need to follow the [government's advice on shielding](#). Your child's healthcare team will make this decision based on your child's individual condition. If your child is advised not to shield, they must follow strict social distancing.

Yes

### Social distancing as for general population

Your child has no additional risk of severe illness from COVID-19. They should follow the [government's advice on social distancing](#).

No



We are working with the British Society of Paediatric Gastroenterology, Hepatology and Nutrition (BSPGHAN), who have put together specific guidance for children with Crohn's and Colitis. Please follow this advice unless you are told otherwise by your child's IBD Team. You can find more information at [crohnsandcolitis.org.uk/COVID19-risk](https://crohnsandcolitis.org.uk/COVID19-risk)