

What's my risk level?

We are working with the British Society of Gastroenterology (BSG), who have put together specific guidance for people with Crohn's and Colitis. Please follow the below advice unless you are told otherwise by your IBD Team. You can find more information at crohnsandcolitis.org.uk/covid19-risk

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)
- My Crohn's or Colitis is active despite taking medication – e.g. you're in a flare
- I have short gut syndrome which requires nutritional support
- I take parenteral nutrition

No

Are you currently taking or have stopped taking any of the following medicines in the last three months?

BIOLOGICS

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

JANUS KINASE INHIBITORS

- Tofacitinib (Xeljanz)

OTHER

- Immunosuppressant or biologic medicine as part of a clinical trial

IMMUNOSUPPRESSANTS

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

No

Are you taking any of the following medicines?

- 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 (colestyramine, colesevelam, colestipol)
- Anti-diarrhoeals (e.g. loperamide (Imodium))
- Antibiotics for bacterial overgrowth or perianal disease

No

Yes

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

Yes

No

Yes

Shielding

You have a higher risk of severe illness from COVID-19. For your own safety, you are required to self-isolate

Strict social distancing*

You have a moderate risk of severe illness from COVID-19. It's strongly recommended you strictly follow the government's advice on staying at home and social distancing

Social distancing as for general population*

You have a low risk of severe illness from COVID-19. Follow the government's advice on staying at home and social distancing

* This information on risk is only about Crohn's and Colitis. If you are over 70 years old and/or have other health conditions, you could be in a higher risk group - speak to your GP or healthcare team if you're worried.