Advice for patients with auto-inflammatory diseases regarding coronavirus

We are receiving a number of enquiries in relation to COVID-19 (coronavirus), and the risk to patients’ health.

Most patients with auto-inflammatory diseases are not immunosuppressed compared to the normal population and are not at increased risk of infection.

A coronavirus is a type of virus. In the majority of cases symptoms are mild and similar to many other viral infections. Typical symptoms include a fever and continuous cough.

Like the common cold, coronavirus (COVID-19) infection usually occurs through close contact (within 2 meters) with a person with coronavirus via cough and sneezes or hand contact.

Details about this infection and its risks are changing daily. Please follow information for patients given by NHS England/Public Health England including advice on avoiding catching or spreading coronavirus and what to do if you think you are infected is available here:

https://www.nhs.uk/conditions/coronavirus-covid-19/

We do not advise stopping your regular medication. The British Society of Rheumatology is advising that patients on long-term steroids or biologic treatments (this group includes Etanercept, Humira, Tocilizumab, Canakinumab and Anakinra) should regard themselves as vulnerable and follow NHS England/Public Health England advice on social distancing


If you have been in contact with suspected infection – continue medicines as usual

If you develop symptoms and you are concerned this may be coronavirus:

- Colchicine is not immunosuppressive and should be continued as usual

What to do if on regular medication with Anakinra or Tocilizumab:

- If you are well continue these as usual
- If you have been in contact with suspected infection – continue medicines as usual
- If you develop mild viral type symptoms, continue medications
• If you become unwell with a fever and persistent cough, [https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance), hold off medication until advised to continue
• If persistent cough, follow Public Health England advice.

If on permanent steroid treatment. Do not stop this abruptly. Continue unless advised differently.


In order to minimise travel and risks of infection from next week we will offer follow up patients a telephone consultation rather than coming to the NAC.

If you have been newly referred to the NAC and are concerned about whether it is a good idea for you to travel to the Amyloid Centre please discuss this with your local team who referred you to us and already know you.

The NAC Team

Nurse Helpline: 020 7433 2799 (available from 9.00am-5.00pm)
Information Line: 020 7433 2811 (available from 9.00am-5.00pm)
Research email: rf-tr.amyloidosisclinicalresearch@nhs.net
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