

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
- I have started a new biologic medicine within the last 6 weeks, in combination with another immunosuppressant
- My Crohn's or Colitis is moderately-to-severely active despite taking immunosuppressant/biologic medication – e.g. you're in a flare
- I have short gut syndrome which requires nutritional support
- I take parenteral nutrition

No

Are you taking any of the following medication?

BIOLOGICS

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

IMMUNOSUPPRESSANTS

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

CALCINEURIN INHIBITORS

- Tacrolimus
- Ciclosporin

OTHER

- Any other immunosuppressant or biologic medication prescribed by a doctor as part of a clinical trial

JANUS KINASE INHIBITORS

- Tofacitinib (Xeljanz)

No

Are you taking any of the following medication?

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

Yes

No

Yes

Are you over 70 years old?

No

Yes

Do you have a respiratory condition, cardiac (heart) condition, hypertension (high blood pressure), or diabetes?

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 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 home and social distancing