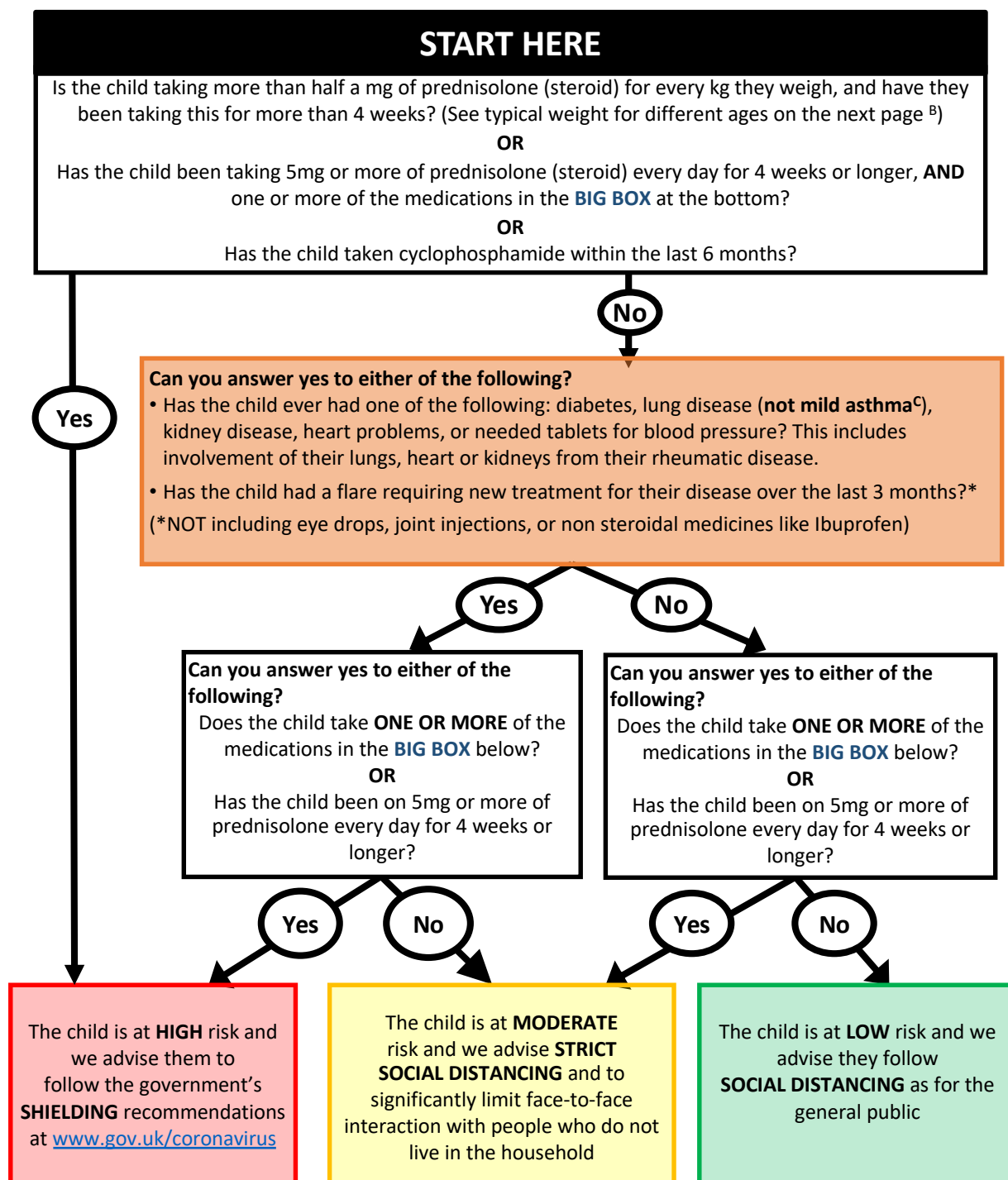


Guide to social distancing and shielding for child / teenage rheumatology patients A-see next page

This advice is a consensus of UK paediatric rheumatologists/ophthalmologists based on the current available information, and so may change as we understand more about COVID-19/coronavirus. **Please be aware that your child may change risk category if their treatment plan changes**



PLEASE NOTE that since 23rd March, all of the UK has been ordered to practice **STRICT SOCIAL DISTANCING**

BIG BOX (see the next page for full list of medication names)

Conventional immunosuppressant medications include: Azathioprine, Leflunomide, Methotrexate, Mycophenolate (Mycophenolate mofetil or Mycophenolic acid), Ciclosporin, Tacrolimus, Sirolimus. *It does NOT include Hydroxychloroquine or Sulphasalazine either alone or in combination*

Biologic/targeted synthetic medications include: Rituximab within last 12 months; all anti-TNF drugs (Etanercept, Adalimumab, Infliximab, Golimumab, Certolizumab and biosimilar variants of all of these); Tocilizumab; Sarilumab; Abatacept; Belimumab; Anakinra; Canakinumab; Secukinumab; Ixekizumab; Ustekinumab; and includes all JAK inhibitors

- A. This advice is for all those aged under 16 years, but is also consistent with the advice for all adults aged under 70 years
- B. The table below tells you typical weights for different ages
- C. Children with severe asthma should receive advice from their paediatric team looking after the asthma

Typical weight for different ages:		
Age	Typical weight	half a mg of prednisolone for every kg of child's weight is:
<2 years	Under 10kg	5mg daily
3 – 5 yrs	16kg	8mg daily
6-8 yrs	20 kg	10 mg daily
9-11 yrs	30 kg	15mg daily
12 and older	40 kg	20 mg daily

Useful website and links
https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public
https://www.versusarthritis.org
https://www.ccaa.org.uk
http://www.oliviasvision.org
https://wordday.org/wp-content/uploads/2020/03/WORDday2020-CORONA-PReS-guidelines.mp4

Medicines in the big box: you can find the list of drug and trade names here.

Conventional immunosuppressant medications include:

Azathioprine (AZA)
 Ciclosporin
 Methotrexate (MTX)
 Mycophenolate (mycophenolate mofetil, mycophenolic acid, MMF, Cellcept)
 Leflunomide
 Sirolimus
 Tacrolimus

It does NOT include Hydroxychloroquine or Sulphasalazine either alone or in combination

Biologic/targeted synthetic medications include:

ALL anti-TNF drugs: Etanercept (Enbrel, Benepali), Adalimumab (Humira, Amgevita), Infliximab (Remicade), Golimumab (Simponi), Certolizumab (Cimzia) and biosimilar variants of all of these
 Rituximab within last 12 months
 Tocilizumab (Roactemra); Sarilumumab (Kevzara)
 Abatacept (Orencia)
 Belimumab (Benlysta)
 Anakinra (Kineret); Canakinumab (Ilaris)
 Secukinumab (Cosentyx); Ixekizumab (Taltz); Ustekinumab (Stelara)
 and includes all JAK inhibitors (Baricitinib, Tofacitinib)