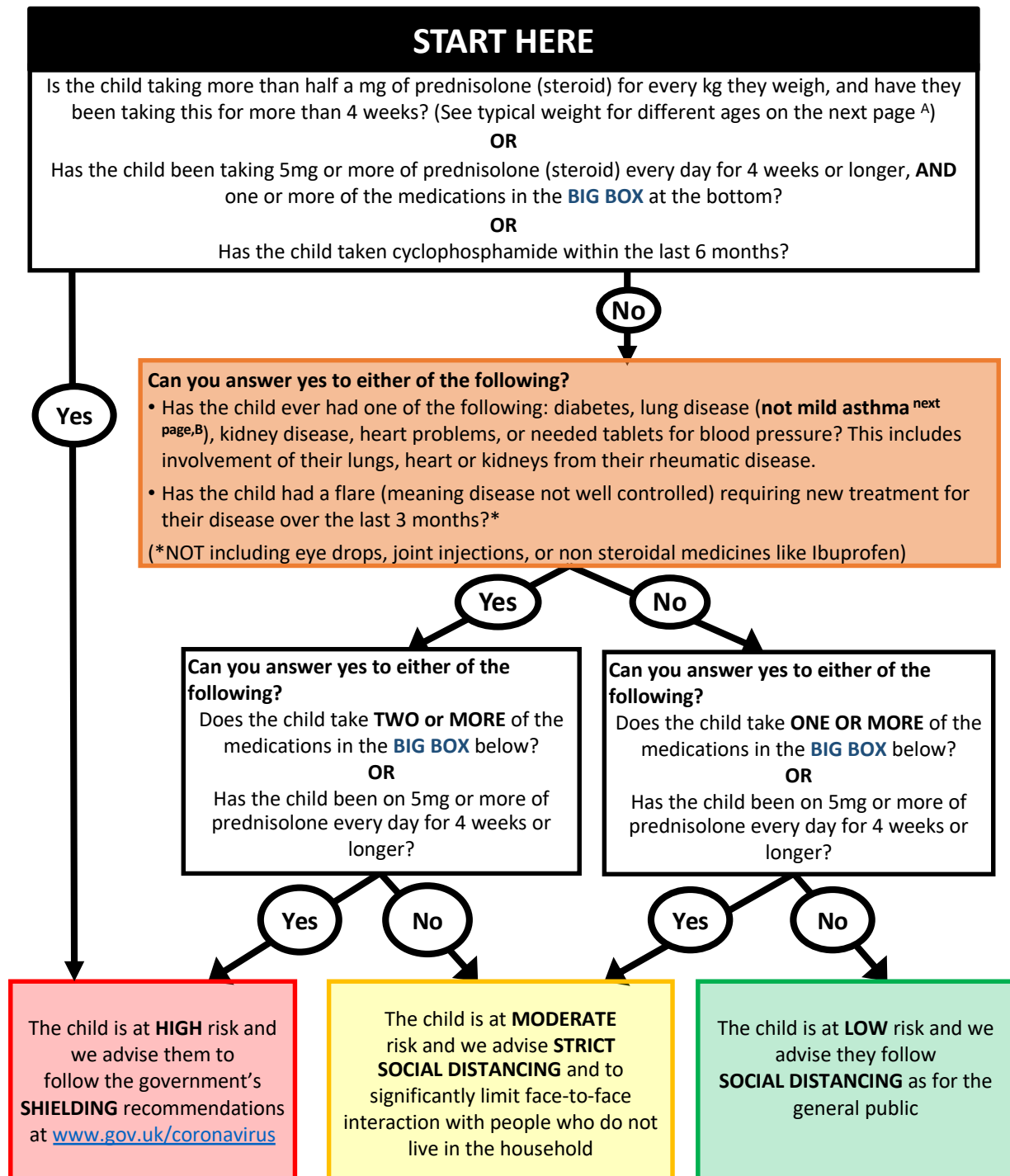


# Guide to social distancing and shielding for child / teenage rheumatology patients : a tool for parents/families

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 23<sup>rd</sup> 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. The table below tells you typical weights for different ages
- B. Children with severe asthma should receive advice from their paediatric team looking after their 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
<a href="https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public">https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public</a>
<a href="https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers">https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers</a>
<a href="https://www.versusarthritis.org">https://www.versusarthritis.org</a>
<a href="https://www.ccaa.org.uk">https://www.ccaa.org.uk</a>
<a href="http://www.oliviasvision.org">http://www.oliviasvision.org</a>
<a href="http://www.snac.uk.com">http://www.snac.uk.com</a>
<a href="https://wordday.org/wp-content/uploads/2020/03/WORDday2020-CORONA-PReS-guidelines.mp4">https://wordday.org/wp-content/uploads/2020/03/WORDday2020-CORONA-PReS-guidelines.mp4</a>

## 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)

This guidance has been designed to be helpful for families/parents of children and young people and to fully align with the BSR guidance on stratification, found here:

<https://www.rheumatology.org.uk/news-policy/details/action-needed-coronavirus-identifying-high-risk-patients>