

During this COVID-19 pandemic, your safety and wellbeing are very important to us. As you will already be aware, due to the nature of the medication used to manage your rheumatology condition, you are more at risk of developing infections including coronavirus (COVID-19). How vulnerable you are will depend on how well controlled your disease is and the medication you are currently taking. Please use the table below to calculate your risk and follow the guidance related to your overall score.

Risk factor	Score
Prednisolone - 20mg a day (or higher) for more than 4 weeks	3
Prednisolone - more than 5mg a day but less than 20mg a day for more than 4 weeks	2
Prednisolone – 5mg a day (or lower) for more than 4 weeks	1
Cyclophosphamide (tablets or infusion) within the last 6 months	3
Taking <b>ONE</b> of the following – Azathioprine, leflunomide, methotrexate, mycophenolate mofetil, mycophenolic acid, ciclosporin, tacrolimus, sirolimus, rituximab (in the last year), Enbrel, Benepali, Humira, Imraldi, infliximab, Simponi, Cimzia, RoActemra, Orencia, Belimumab, Anakinra, Cosentyx, Taltz, Cosentyx, Kevzara, Olumiant or Xeljanz	1
Taking <b>TWO or more</b> of the following - Azathioprine, leflunomide, methotrexate, mycophenolate mofetil, mycophenolic acid, ciclosporin, tacrolimus, sirolimus, rituximab (in the last year), Enbrel, Benepali, Humira, Imraldi, infliximab, Simponi, Cimzia, RoActemra, Orencia, Belimumab, Anakinra, Cosentyx, Taltz, Cosentyx, Kevzara, Olumiant or Xeljanz	2
One or more of the following – over 70 years old, diabetes, lung disease, kidney disease, heart disease, high blood pressure	1
Taking hydroxychloroquine and/or sulfasalazine	0
Total score	

**Score of 3 or more: shielding for at least 12 weeks**

**Score of 2: self-isolate or maintain social distance**

**Score of 1 or less: social distance**

If you identify you are at the highest risk (score of 3 or more) then please refer to the Welsh Government advice found in the following document:

Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from coronavirus (COVID-19). This can be accessed on <https://gov.wales/guidance-on-shielding-and-protecting-people-defined-on-medical-grounds-as-extremely-vulnerable-from-coronavirus-covid-19-html>. If you score 2 or less then please follow the latest Government advice. If it is still unclear or you have any other questions please contact the rheumatology helpline on 01873 732046.

Kind regards,

Rheumatology department