




# Advice for IBD patients in New Zealand during COVID-19 outbreak – Level 1 & 2

New Zealand Society of Gastroenterology

This is general advice. Please talk to your GP or IBD Team about keeping safe at home & work.

IBD Risk Profile during COVID-19	NZSG Advice
<p><b>Low</b></p>  <ul style="list-style-type: none"> <li>Well with no medication</li> <li>On 5-ASA medication:               <ul style="list-style-type: none"> <li>Mesalazine, Olsalazine, Sulfasalazine</li> </ul> </li> </ul>	<p>Follow <b>standard national guidelines</b> for the general population</p> <p>From May 2020: follow <b>Alert Level 2</b></p>
<p><b>Medium</b></p>  <ul style="list-style-type: none"> <li>Stable IBD plus one or more medications<sup>†</sup> such as:               <ul style="list-style-type: none"> <li>Azathioprine, Mercaptopurine, Thioguanine, Methotrexate</li> <li>Stable Anti-TNF: Adalimumab OR Infliximab</li> <li>Budesonide</li> <li>Prednisone up to 20 per day</li> </ul> </li> <li>Clinical trial medication**</li> </ul>	<p>Follow national guidelines <b>one level higher</b> than the general population</p> <p>From May 2020: follow <b>Alert Level 3</b></p> <ul style="list-style-type: none"> <li>Stay at home except for essential movement</li> <li>Work from home <i>if you can</i>*</li> <li>Social distancing of 2m</li> <li>Strict hand hygiene</li> </ul>
<p><b>High</b></p>  <p>Medium IBD risk profile AND one or more of the following <b>risk factors for severe COVID-19</b>:</p> <ul style="list-style-type: none"> <li>Moderate-Severe IBD flare</li> <li>&gt;20mg prednisone<sup>†</sup></li> <li>Started anti-TNF medication in the last 6 weeks</li> <li>Age over 70</li> <li>Other health conditions such as:               <ul style="list-style-type: none"> <li>Diabetes</li> <li>Hypertension</li> <li>Heart and lung conditions</li> </ul> </li> </ul>	<p><b>Strict social isolation</b> recommended</p> <ul style="list-style-type: none"> <li>Stay at home in your bubble</li> <li>Work from home</li> <li>Strict hand hygiene</li> </ul> <p>From May 2020: Follow national guidelines for <b>Alert Level 4</b></p>

\*Many people who are Medium Risk will want to work. It is important that the workplace is as safe as possible with **screening for potential cases, social distancing and hand hygiene**. The IBD team can help with specific advice. It is very important to continue taking IBD medication - if there are concerns this must be discussed with the IBD specialist team. \*\* Discuss clinical trial medication with the trial coordinator. <sup>†</sup>Patients on 3 or more immune suppressants may be high risk, especially if this includes prednisone.

Below are links to the NZ Government Covid19 pages related to wellbeing for at risk people, and a link to the Crohn's and Colitis UK site which has some useful information. Remember that the situation is very different in the UK where they have many more cases and are experiencing community spread.

<https://covid19.govt.nz/individuals-and-households/health-and-wellbeing/at-risk-people/>

<https://www.crohnsandcolitis.org.uk/news/coronavirus-covid-19-advice>