

GLADSTONE MEDICAL CENTRE

Advise to patients with asthma or COPD

ASTHMA-IF YOU OR YOUR CHILD IS IN ONE OF THESE GROUPS, YOU SHOULD HAVE ALREADY BEEN IDENTIFIED AND SENT A LETTER OR TEXT MESSAGE ADVISING YOU TO SHIELD:

_You are taking ALL THREE OF:

- a steroid preventer inhaler (at any dose)
- another preventer medicine (e.g. you are on a combination inhaler, or take a medicine such as formoterol or salmeterol, or tiotropium as well as your steroid inhaler, or if you are taking montelukast)
- regular or continuous oral steroids (which means you had 4 or more prescriptions for prednisolone between July and December 2019)

Or you have been admitted to a hospital in the last 12 months for your asthma

Or you have ever been admitted to an intensive care unit for your asthma.

If you have not received a letter or text message yet, and you are in one of these groups, you should follow the shielding guidance anyway. Only contact your GP or hospital doctor if you need a letter, for example to prove this status to your employer.

IF YOU OR YOUR CHILD IS TAKING ANY OF THE BELOW MEDICINES:

You may not have received a letter advising you to shield yet, but we would advise you shield anyway.

- Antibiotic tablets or liquid for asthma every week as a preventer (e.g. azithromycin)
- A combination inhaler that also contains a long-acting bronchodilator (e.g. Seretide, Fostair, Symbicort) at a high daily steroid dose
- An inhaler with a high daily steroid dose AND you are taking Montelukast

We know it might be challenging to go into shielding without having a letter to prove this to your employers. You may be able to get local support from a [mutual aid network](#).

We also suggest you approach your employer directly to discuss your need to shield.

Please check www.asthma.org.uk/coronavirus for examples of high dose steroid inhaler use. Eg fostair/Qvar (beclometasone) 500mcg or more daily, Clenil 1200mcg daily, seretide, sereflo (fluticasone) 600mcg or more daily

A shielding letter may also be sent for severe COPD blf.org.uk/coronavir

You are classed as severe if you have

- Severe or very severe airflow obstruction, GOLD grade 3 or GOLD grade 4 or breathless score of 3,4,5.

- Regular oral steroids or oxygen use. Spirometry <50%
- People who have had 2 or more [exacerbations or flare-ups](#) in the past year that needed emergency treatment with steroids or antibiotics from the GP or hospital.
- People who have had to be **admitted to hospital in the past** because of an acute attack of the lung condition.

The advice is the same as asthma for all other COPD patients.