



COVID-19 Health Precautions

What you need to know about **immune suppression medications** and **neurological disorders** that can lower respiratory capacity

Individuals who take immune suppression medications or are living with neurological disorders that can lower respiratory capacity who are going to school or work during COVID-19 need to take extra care. Immunosuppressive agents (such as Prednisone, Deflazacort, Imuran, Methotrexate) suppress the immune response which can increase the risk for viral and bacterial infections.

It is difficult to predict the specific amount of reduced immunity and increased risk of infection. These depend on many factors including underlying genetics, disease type and state, other medical factors, and dose of medication.

Anyone who is taking the above, or other immune suppression, medications should seek prompt medical attention if they develop a fever, cough, other signs of infection or have blood in urine or burning sensation when urinating.



The COVID-19 crisis presents many questions about isolation procedures, returning to school or work and social interactions. Below are some general guidelines to keep in mind.

Always wear a mask in public. Avoid any unnecessary public exposure to individuals outside your bubble/cohort. If exposure is unavoidable, maintain two meters distance between people. If physical distancing cannot be maintained be sure to wear a properly-fitted mask.



If support workers are required, it is important they follow all public health guidelines and wear personal protective equipment (PPE). Patients should have a mask during any encounters closer than two meters with support staff.



Until there is a vaccine or other circumstances that lowers the risk of COVID-19 exposure, **patients should avoid school or work situations** when masking and physical distancing is not possible. It is important to note that each individual must use their own discretion and evaluate specific measures for themselves which balance their own risks and benefits such as finances, social interactions for children, and other considerations.

If an individual remains at home due to risk and the parent/spouse or other individual in that house goes to work or school, that person needs to follow all physical distancing and PPE guidelines while at their school or work.



When returning home, it is prudent for that individual to have a shower as well as change their clothes and mask before interacting with the immuno-compromised individual at home. It would also be prudent for the individual to wear a mask as much as possible even when interacting with those within the family isolation “bubble”.

It is important to note that there are no definitive guidelines, and everyone's individual circumstances differ. Each individual has to look at the general principles, the ongoing information about Coronavirus (COVID-19), and evaluate the risks and benefits individually to determine what is best suited for the individual in question.

This education piece has been created for general information purposes only. Please note that information from the experts on Coronavirus (COVID-19) is being updated on a daily basis. Please consult with your physician and your local public health authority for guidance and the latest updates.

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