

# COVID-19 (Coronavirus)



THE AUSTRALASIAN COLLEGE  
OF DERMATOLOGISTS

## Information for patients receiving immunosuppressive medication through the PBS or clinical trial

### **Does immunosuppressive treatment increase the risk of contracting COVID-19 or the severity of the infection?**

COVID-19 is a new strain of a common family of viruses (coronaviruses) and we are still learning how it works. Human coronaviruses are spread through contaminated droplets by coughing or sneezing, or by touching contaminated objects. COVID-19 is tested by taking a swab from inside your nose or mouth.

We do know that certain medications including azathioprine, mycophenolate mofetil/mycophenolic acid, ciclosporin, methotrexate (>20mg/week), and Janus kinase inhibitors can cause immunosuppression and therefore patients can be at greater risk of developing an infection including COVID-19. Advice from overseas would suggest that patients on medications that suppress the immune system may be at higher risk of a more severe infection or complications from COVID-19 if they are infected. The extent of this risk is currently not known

The risk of becoming infected with COVID-19 in Australia is low to moderate, however this may change in the future. For the most up to date information please visit the Department of Health website. [www.health.gov.au](http://www.health.gov.au)

### **Who is at risk of contracting COVID-19?**

If you have travelled overseas or have had close contact with someone that has a confirmed case of COVID-19 (including in the 24 hours before their symptoms started).

- 'Close contact' is typically defined as being face to face with a person who is a confirmed case for at least 15 minutes, or being in the same closed space for at least 2 hours.
- If you had less contact than that, there is a much smaller risk of your getting infected with the coronavirus that causes COVID-19. However, as a precaution, you must still monitor your health for 14 days after the contact.

<https://www.healthdirect.gov.au/coronavirus-covid-19-symptoms-and-how-the-virus-spreads-faqs>

### **What if I am taking a biologic medication and I develop symptoms of COVID-19?**

The symptoms of the virus are similar to those of a common cold or flu. They can include fever, sore throat, cough, breathing difficulties (shortness of breath) and fatigue. They can be mild, moderate or severe in nature. People over the age of 65 or with an underlying medical condition like heart disease, hypertension, lung disease, diabetes or liver disease may be at higher risk of developing complications from the infection.

If you have symptoms or are feeling unwell and you are worried, please call your clinic nurse, clinical trial coordinator or trial doctor for further advice. Alternatively, you can contact your GP or the COVID-19 Hotline on 1800 675 398.

## Should I stop taking my immunosuppressive or trial medication?

Most people should continue taking their immunosuppressive medication but should discuss the risks with their treating doctor(s). If you stop taking this medication you may have a flare of your disease which may increase the risk of complications if you are infected with the coronavirus.

If you have **suspected or confirmed COVID-19** infection you should withhold your medication and contact your clinic nurse or trial coordinator. This is consistent with established treatment guidelines which recommend people should not take medications that target the immune system if they have active infections. Medication should not be recommenced until the infection has resolved or infection has been ruled out. For patients who have had close contact with a person that has been diagnosed with COVID-19, withhold taking medication until confirmation of a negative result has been confirmed. The patients who have come in close contact with a suspected or confirmed case should self-isolate for 14 days as per outlined by the government. Patients cannot be cleared to recommence therapy until 14 days after commencing self-isolation.

You **do not need** to stop your topical medications.

## Should I self-isolate as a precaution?

Self-isolation is **only** applicable for people that have travelled overseas and are recently returned, if you have tested positive for COVID-19, or you have come in close contact with a confirmed case of COVID-19. This advice may change.

Self-isolation involves staying indoors and avoiding further contact with people until you are sure you do not have the COVID-19 infection. If you are waiting for a COVID-19 result, then you must self-isolate and your result is negative (clear).

## Is it OK to travel overseas?

The current advice from the Australian government is that all overseas travel should be deferred until further notice. For the most up to date information on travel please visit the Smart Traveller website. <https://www.smarttraveller.gov.au/COVID-19-australian-travellers>

## What precautions can I take to reduce my risk of COVID-19 infection?

- Wash your hands often with soap and running water, for at least 20 seconds, particularly after touching objects and surfaces. Dry with paper towel or hand dryer. If you use topical steroids or creams, please ensure that you wash your hands thoroughly prior to application.
- Try not to touch your face especially your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. Discard the tissue immediately after use. If you don't have a tissue cough or sneeze into your upper sleeve or flexed elbow.
- Stay at home if you feel sick/unwell.
- Phone your clinic nurse or trial coordinator for instructions regarding your medication if you do become unwell.
- Continue healthy habits: exercise, drink water, get plenty of sleep.
- Wearing a face mask is not necessary if you are well.
- Practice good social-distancing techniques. This includes standing at least a metre and a half from the person standing next to you, stop shaking hands, kissing or hugging as a greeting and avoiding crowds.
- For cleaning around the house, any usual household detergent should be effective at killing the virus.

## Staying safe

We are endeavouring to keep you safe from COVID-19 infection in a number of ways:

- All patients with COVID-19 will be managed at home / away from the Institute to prevent spread of infection.
- All our staff are trained on preventing infection. We will continue to maintain high levels of hygiene such as washing our hands, disinfecting equipment and using protective gloves, masks and gowns when required.
- We will continue to check on your health and wellbeing.
- We are limiting all non-essential visitors to Skin Health Institute and also making sure that anyone with respiratory symptoms or fever does not enter our facility.
- We are exploring the option of reviewing patients via telehealth consultation and we are committed to continuing to support you in the community.

## If you are feeling well

Even if you are feeling well, you should practice good social distancing and hand hygiene techniques. Avoid crowds and as much as possible try to avoid situations where you may be exposed. Wherever possible, we will endeavour to switch your onsite medical appointment to a telehealth consultation. For up to date information on COVID-19 you can follow the link visit. [www.health.gov.au](http://www.health.gov.au)

***Please note that the information on this document is for general guidance purposes only. All information has been sourced from both national and international advice and is subject to change rapidly as new information becomes available. This information does not replace information provided directly to you by your medical practitioner.***

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### Acknowledgement:

This factsheet was developed by Prof Peter Foley and A/Prof Chris Baker for the COVID-19 Team, Skin Health Institute and St Vincents Hospital Melbourne.

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