

for patients suffering from Rheumatic Musculoskeletal Diseases

COVID-19 informations

RESPECT BARRIER GESTURES



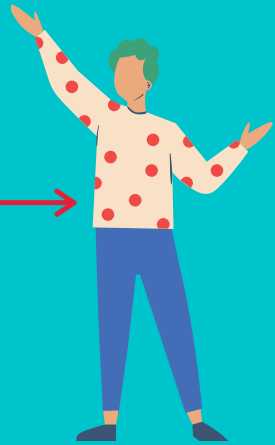
Wash your hands with soap and water (for at least 1 min) or with hand sanitizer several times a day and after any contact, after sneezing (in your elbow) or nose blows (with disposable tissue) and after touching surfaces that may have been contaminated



RESPECT A DISTANCE OF AT LEAST 1 METER (3 FT)



Say 'hello' without shaking hands or kissing, respect a distance of at least one meter (3 feet).
Avoid touching your face with your hands without having washed them if you have been outside.
In case of new and unusual respiratory symptoms put a surgical mask on, in order to protect people around you.



DO NOT DISCONTINUE YOUR

IMMUNOSUPPRESSIVE DRUGS OR BIOLOGICS

except in case of signs of infection (fever, cough, breathing difficulties, myalgias, anosmia...)

and only after referring to your physician or GP.



DO NOT DISCONTINUE YOUR PREDNISONNE

(or colchicine for auto-inflammatory diseases).

Do not discontinue hydroxychloroquine or chloroquine if you take it for your Rheumatic Musculoskeletal Disease.



DO NOT TAKE NSAIDS

nor steroids to treat fever or infection. Take paracetamol instead.



YOU ARE MORE VULNERABLE

If you are on long-term immunosuppressive drugs, biologics or corticosteroids at a dose higher than 10-15 mg prednisone equivalent/day **you are more vulnerable.**



Stay as much as possible at home and ask those around you to do your shopping and limit contact, while respecting barrier gestures.