

Highest Risk 'Shielding'	Moderate risk 'Stringent social distancing'	Lowest risk 'Social distancing'
<p>1. IBD patients who either have a comorbidity (respiratory, cardiac, hypertension or diabetes mellitus) and/or are ≥ 70 years old</p> <p>and* are on any 'moderate risk' therapy for IBD (per middle column)</p> <p>2. IBD patients of any age regardless of comorbidity and who meet one or more of the following criteria:</p> <ul style="list-style-type: none"> ○ Intravenous or oral steroids ≥ 20 mg prednisolone or equivalent per day (only while on this dose) ○ Commencement of biologic plus either immunomodulator or systemic steroids within previous 6 weeks** ○ Moderate-to-severely active disease*** not controlled by 'moderate risk' treatments ○ Short gut syndrome requiring nutritional support ○ Requirement for parenteral nutrition 	<p>Patients on the following medications:</p> <ul style="list-style-type: none"> ● Anti-TNF (infliximab, adalimumab, golimumab) monotherapy ● Biologic plus immunomodulator** in stable patients ● Ustekinumab ● Vedolizumab ● Thiopurines (azathioprine, mercaptopurine, tioguanine) ● Methotrexate ● Calcineurin inhibitors (tacrolimus or ciclosporin) ● Janus kinase (JAK) inhibitors (tofacitinib) ● Immunosuppressive trial medication ● Mycophenolate mofetil ● Thalidomide ● Prednisolone < 20 mg or equivalent per day 	<p>Patients on the following medications:</p> <ul style="list-style-type: none"> ● 5ASA ● Rectal therapies ● Orally administered topically acting steroids (budesonide or beclometasone) ● Therapies for bile acid diarrhoea (colestyramine, colestevlam, colestipol) ● Anti-diarrhoeals (e.g. loperamide) ● Antibiotics for bacterial overgrowth or perianal disease

The UK government advises those at increased risk, but not reaching the highest risk, of severe illness from coronavirus (COVID-19) to be particularly stringent when applying social distancing recommendations.

* i.e. **at least one of** (comorbidity listed above or age ≥ 70 years) plus at least one therapy from the middle column.

** Patients should be categorised as highest risk (requiring shielding) within 6 weeks of starting biologic if they are on concomitant immunomodulator treatment or systemic steroids, whether started simultaneously or prior to the biologic. After 6 weeks they may enter the 'moderate' risk category provided not meeting other highest risk criteria e.g. moderate-severe disease not controlled by treatment. Biologic plus immunomodulator in stable patients may increase risk over monotherapy but there is no specific evidence for this situation.

***As adjudged by clinical team responsible for patient care.

These guidelines were formulated by the UK IBD COVID-19 working group on 27/03/2020 and were based on expert opinion and the available evidence at the time.