

Shielding

You may have been shielding until 1st August 2020. Having Behçet's doesn't necessarily increase the risk of complications of COVID-19. Your Behçet's centre knows you best with regards to this.

- If you are over 70, or have one of the additional conditions listed on our website, you are at greater risk of complications of COVID-19. Be cautious when considering your next steps if you've been shielding, especially if you're also on immunosuppression.
- If you are returning to work, your workplace must first conduct a risk assessment.
- Carers can visit unless they have symptoms of COVID-19. All visitors should wash their hands, on arrival, often whilst in your home, and on leaving. Surfaces should also be wiped down.

Further support

Our Behçet's teams, including specialist nurses, support co-ordinator, and psychologists are available for your questions and concerns.

Every patient is different. You may therefore wish to discuss with a member of your Behçet's clinical team before trying to return to some sort of normality. Ultimately, we will let you decide what is safe for you.

VI.3 August 2020

Behçet's Centre of Excellence, Aintree Hospital,
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Designed by:

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With thanks to:

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The patient community

Behçet's
Syndrome Centres of Excellence

European
Reference
Networks

COVID-19 & Flu

Advice & information for
patients with Behçet's

Behçet's Centre of Excellence
Liverpool

August
2020

www.behcets.nhs.uk

COVID-19 can be a difficult and confusing time for people with Behçet's. Here is some key information on Behçet's, and COVID-19 and flu.

General advice

If you have symptoms of COVID-19:

- Call 111 in the first instance.
- Get tested without delay (also if a member of your household develops symptoms).
- Don't stop your Behçet's medications without first discussing with your Behçet's centre.

If you test positive for COVID-19:

- Let your Behçet's team know.

If you attend A&E, or are admitted to hospital:

- Take your Behçet's care plan and/or advance care plan with you (if you have one).
- Inform A&E of your Behçet's diagnosis and medications.

Blood tests

Regular blood tests are essential to keep you safe. Where possible, the space between blood tests may be increased— but not stopped altogether.

Aintree Hospital
Behçet's Nurses Helpline:
0151 529 8123

Behçet's flare?

If your Behçet's is flaring:

- Call your Behçet's centre if you're worried.
- If you need a face-to-face appointment, this will be done safely, in an environment designed to protect you.
- You will need to wear a mask and may have your temperature checked.
- You may not be able to have a friend/relative with you unless you need assistance. Please check with your centre if you're worried.

Appointments

You may be asked to attend a video or telephone consultation:

- You will be sent details beforehand. If you think there will be difficulties in attending, call your Behçet's centre.
- You will be given a specific time and date. It is a good idea to be available for the whole morning or afternoon in case of delays or difficulties!
- Please ensure we have up-to-date telephone numbers to contact you.

Flu

We strongly recommend getting the flu jab.

Symptoms of flu can be similar to COVID-19. If you are concerned about your symptoms, seek medical advice.