

Further Advice on Cladribine (Mavenclad) treatment in view of coronavirus.

If you have had a course of Cladribine in the last 12 weeks

The national guidelines are to shield yourself from other people for **12 weeks from your last dose of Cladribine**

When Shielding:

- 1. Strictly avoid contact with someone who is displaying symptoms of coronavirus (COVID-19).** These symptoms include high temperature and/or new and continuous cough.
- 2. Do not leave your house.**
- 3. Do not attend any gatherings.** This includes gatherings of friends and families in private spaces, for example, family homes, weddings and religious services.
- 4. Do not go out for shopping, leisure or travel** and, when arranging food or medication deliveries, these should be left at the door to minimise contact.
- 5. Keep in touch using remote technology** such as phone, internet, and social media.
- 6. Continue to Shield for 12 weeks from your last Cladribine dose,** then change to social distancing as below

The full government guidelines can be found at: <https://tinyurl.com/s5pc7wh>

If you have had a course of Cladribine more than 12 weeks ago

The national guidelines are for social distancing

1. **Only go outside for food, health reasons or work** (but only if your work is essential and you cannot work from home)
2. If you go out, **stay 2 metres (6ft) away from other people at all times**
3. **Wash your hands** as soon as you get home
3. **Do not meet others**, even friends or family.
4. **Do not touch your face** if your hands are not clean.
5. If you have an appointment for a review, blood test or treatment, and you have cough, high temperature or shortness of breath **do not come to the hospital** and visit 111.nhs.uk for advice.
6. Each day please check guidance on social distancing for people with a long term health condition (which includes MS) from Public Health England at: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Dear [patient]

Following our last letter to you, we have had an update from the Association of British Neurologists and Public Health England about your treatment and what you should be doing to keep yourself safe. We have also discussed this as a team.

The guidelines suggest that you may be at slightly higher risk of viral infections for 3 months after your Cladribine treatment.

It is recommended, **for 12 weeks from a course of Cladribine** that you **Shield** yourself from other people.

12 weeks after your **last dose** of Cladribine you should go to social distancing as recommended for the whole population.

If it is more than 12 weeks from your last dose of Cladribine then please continue social distancing as recommended for everyone.

If you are due to take your second week of Cladribine in general we would recommend that you still take this as normal, but if you have any concerns about this please contact your MS nurse.

Dr David Paling

On behalf of the MS team.