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18th March 2020

Advice on your MS treatment in view of Covid 19 for people taking Beta Interferons (Rebif, Betaferon, Plegridy, Avonex), Glatiramer Acetate (Brabio, Copaxone), Teriflunamide (Aubagio), Fingolimod (Gilenya), Natalizumab (Tysabri) or Dimethyl fumarate (Tecfidera)

We have received guidance from the Association of British Neurologists, The MS Society and Public Health England. They have reviewed the data about Coronavirus with respect to people with multiple sclerosis and we have discussed this as a team.

Do

- **Please continue to take your treatment as normal if you feel well.**
- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Try to avoid close contact with people who are unwell

- 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/>

Don't

- If you have an appointment for a review, blood test or treatment, and you have cough, high temperature or shortness of breath **please do not come to the hospital** and please phone 111 for advice.
- Please **do not stop your medication without contacting the MS nurses**.
- Do not touch your eyes, nose or mouth if your hands are not clean

We do advise that you **continue to take your treatment as normal**.

We have made some additional suggestions to reduce your chance of getting an infection.

If you do become unwell, then please stop your treatment **just for the time you are unwell**. Please discuss with the MS nurses who will advise you of the right time to restart your treatment.

We would recommend checking further advice from the NHS every day at:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>.

Please pay particular attention to the guidelines for people with a long term health condition as this includes MS. The currently recommends social distancing and these guidelines are expected to change over the next few days.

I hope this information is of reassurance to you.

With best wishes

David Paling on behalf of the MS team