

Advice for patients who take replacement steroids (hydrocortisone, prednisolone, dexamethasone or plenadren) for pituitary/adrenal insufficiency

If you have adrenal insufficiency (steroid dependent) and you become unwell for any reason, it's important that you follow sick day rules.

The term adrenal insufficiency includes Addison's disease with primary adrenal failure, patients with pituitary problem including secondary adrenal failure and patients with congenital adrenal hyperplasia.

The government has recommended that those at increased risk of severe illness from coronavirus should be particularly stringent in following social distancing measures.

We have previously advised patients with adrenal insufficiency to receive the flu vaccine annually on medical grounds. Furthermore, by definition, patients with adrenal insufficiency do receive steroid replacement medication. On this basis, and aligning to UK Government advice we therefore deem that patients with adrenal insufficiency are within the higher risk group.

Patients with adrenal insufficiency are:

- Strongly advised against social mixing in the community
- Strongly advised against having friends and family to the house
- Strongly advised to use remote access to NHS and essential services
- Strongly advised to vary daily commute and use less public transport
- Strongly advised to work from home



Professor Stephanie Baldeweg
Society for Endocrinology Clinical Committee Chair