Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think please contact:

Teaching, training & research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

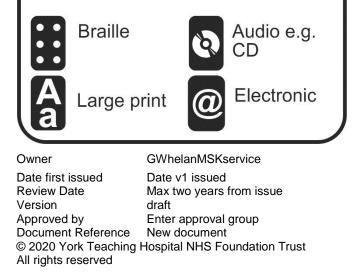
Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Please telephone or email if you require this information in a different language or format 如果你要求本資訊是以不同的語言 或版式提供,請致電或寫電郵 Jeżeli niniejsze informacje potrzebne sa w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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Providing care together in York. Scarborough, Bridlington, Malton, **Selby and Easingwold communities** www.vorkhospitals.nhs.uk



Corticosteroid **Injection Therapy** and COVID-19

Extra information for patients, relatives and carers

(i) For more information contact:

The York and Selby MSK service 01904 725390 www.yourphysio.org.uk

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Caring about what we do • Respecting and valuing each other • Listening in order to improve • Always doing what we can to be helpful

Why do I need this extra information?

There is uncertainty about the use of steroid injections during the COVID-19 pandemic.

The information in this leaflet is to help you make an informed decision about whether this is the right treatment for you.

What do we know so far?

- Steroid injections reduce the amount of natural hormone that the body produces for a short period of time after the injection.
- This is important because if you get a virus the body uses this hormone to fine tune how it fights against it.
- Hormone levels return to a normal level for most people within a few weeks of the injection.
- It could take slightly longer to return to normal if you take other steroids (for example if you have asthma).

What don't we know so far?

 If having a steroid injection increases your risks in relation to COVID-19

What are the possible risks?

- You have Coronavirus at the time of injection but aren't showing any symptoms- the steroid could affect how well your body was able to fight the infection.
- If you catch coronavirus within a few weeks of the injection it could affect how well your body was able to fight the infection.
- Both situations could mean that your risk of severe COVID -19 symptoms or risk of death from COVID-19 increase.

What are the alternatives to a steroid injection?

Because of the uncertainty around injections you should exhaust other ways of managing your pain before considering an injection. These could include:

- Pain relieving medications
- Physiotherapy

You could also choose not to proceed with any treatment at this time.

If I decide to have the injection how can I reduce my risk?

You should follow government advice on reducing the risk of contracting coronavirus including:

- Washing your hands frequently
- Keep your distance from people not in your household (2m apart where possible)
- Limit contact with other people
- Work from home if you can
- More advice is available at: www.gov.uk/coronavirus