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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](mailto: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

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**York Teaching Hospital**  
NHS Foundation Trust

# Corticosteroid Injection Therapy and COVID-19

Extra information for patients, relatives and carers

① For more information contact:

The York and Selby MSK service

01904 725390

[www.yourphysio.org.uk](http://www.yourphysio.org.uk)

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Scarborough, Bridlington, Malton,  
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## 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](http://www.gov.uk/coronavirus)