



Use of steroid injections during the COVID-19 pandemic

Information Leaflet for Patients and Carers

Please read the following information to allow you to make an informed and shared decision regarding the use of a steroid injection as part of your condition.

The following information is based on current knowledge of the COVID-19 Corona Virus. This information is supported by a number of professional bodies within healthcare and has been devised to try and help inform you of any additional risk related to COVID-19 and steroid injection therapy.

We know that there is a small possibility that a steroid injection can suppress your immune response (the body's way of fighting illness) for 3-4 weeks following a steroid injection. This in turn may increase the level of symptoms you experience should you be infected with COVID-19 and in addition, reduce your ability to fight the effects of the virus.

There is a chance that you may not be aware that you are already infected with COVID-19 at the time of your injection. This could also affect your possible response and recovery.

Having any of these other conditions could make you more vulnerable to the effects of COVID-19: - diabetes, ischemic heart disease, chronic respiratory disease, hypertension, chronic kidney disease and liver disease and age over 65 years.

If you, or anyone you live with experience the symptoms of COVID-19, (new continuous cough, high temperature, loss of taste or smell) you should ring to cancel your appointment, self-isolate, contact NHS 111 and arrange a Corona Virus Test. If you have recently been contacted and advised to self-isolate (because someone you have been in contact with has the virus) you should also ring to cancel your appointment.

COVID Vaccinations

If you are due to have a covid vaccination injection this must take priority over steroid injections booked with our service. You are advised **not** to have a steroid injection two weeks before or after the first or second covid vaccination.

Please contact the Musculoskeletal / Physiotherapy Service to cancel and re-book your steroid injection appointment if you are given a date for the covid vaccine that falls within the 4 week timeframe.

Before deciding if a steroid injection is the most suitable option at this time:-

1. Have alternative, non-injection treatments been considered and discussed and / or trialled (for example painkillers rest, splints or exercise)?
2. Has the option of deferring the injection to a later date been discussed?
3. Have you considered and accepted the possibility of increased risk of immunosuppression and the ability to fight the virus, if you become unwell?

If you need to discuss any of the above information further, please speak to your clinician in the usual way or telephone our central booking office on Tel: 01254 736041.

If you require this document in an alternative format or language, please contact: Accrington Pals Centre, Paradise Street, Accrington, Lancs BB5 2EJ
Tel: 01254 736041 Email: elmsk@nhs.net

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