

Current general advice for PH patients

Coronavirus

(also referred to as COVID-19)

Having PH does not make you more likely than anyone else to catch coronavirus (which is also referred to as COVID-19).

For now, it is not known how infection with COVID-19 will affect people with PH. In those who are well it may be a mild illness, but those with significant PH problems are likely to be at risk of more severe illness.

It must be remembered though that everybody with PH is a unique individual and many have other co-existing conditions and their circumstances and needs may well vary.

- Look after yourself and keep up with your usual treatments.
- Have a good diet, keep well hydrated.
- Make sure you are up to date with repeat prescriptions (not just your PH-specific drugs).
- **Regular hand washing is the most effective thing that you can do to decrease your risk of infection.** Wash your hands regularly for at least 20 seconds, in particular after being in public places ([CLICK HERE](#)). Avoid touching your face as much as possible. Make sure everyone in your household and work, place of study, worship and social situations are all practising good hand washing techniques.
- The British Lung Foundation does not recommend using a face mask. It will only help protect others from being infected if you already have COVID-19 and are coughing and sneezing.
- Avoid close contact with anyone with respiratory symptoms like coughs, colds or ongoing chest infections.

- We do not recommend self-isolation for all people with PH but encourage staying at home as much as possible.
- If you become unwell with a high temperature (38 degrees or more) and a new persistent cough, then **self-isolate for 7 days** ([CLICK HERE](#)). If you are not feeling any better after 7 days, then use the **NHS 111 coronavirus service** ([CLICK HERE](#)). If you are concerned about increasing breathlessness at any point contact your GP for advice. If necessary your GP can contact your PH centre.
- If you self-isolate try to avoid close contact with your family members. If a family member experiences symptoms like yours they should self-isolate too.
- If you have a Hickman line receiving intravenous therapy for your PH and develop a high temperature (38 degrees or more) **contact your dedicated PH centre for advice.**
- Avoid places where there is likely to be an increased risk of exposure such as crowds, especially in poorly ventilated areas.
- Make sure you have been fully vaccinated against other preventable infections, including the influenza vaccination.
- Avoid international travel, non-essential air travel and cruise travel.
- Currently there are no blanket recommendations about school attendance. This will depend on your local situations and individual guidance from your PH centre.
- If you are employed, we recommend contacting your employer to consider what reasonable adjustments can be made to your working conditions to help protect you, for example, is it possible to work from home?
- **Continue with your hospital appointments**, unless you are contacted by your local teams. It is likely that there will be more telephone-type consultations over the coming weeks.