



RHEUMATOLOGY
CARE CENTER

March 13, 2020

Dear RCC Patients,

As the impacts of Coronavirus (COVID-19) are hitting home and anxieties are growing in our vulnerable patients, Rheumatology Care Center wants to reassure you that we are staying on top of local and federal agency recommendations that will protect and ensure the safety of our patients and community.

Based on best practices, CDC recommendations, and our public health expert opinions, we have provided some guiding principles during this time. If you have specific questions about your personal health, please portal message or call us.

If you are well, you do NOT have to stop your immune medications as a precaution. Also, please keep your doctor's appointments if you are not sick with infection.

Be sure to see your primary doctor if you develop infection symptoms, get the right diagnosis, and start timely treatment. If you are sick, you need to HOLD your advanced immune medications (biologics/shots/infusions/pills that increase infection risk*) until you are no longer having symptoms, including fever. You do NOT need to hold all DMARD therapies (ex. hydroxychloroquine, leflunomide, methotrexate, sulfasalazine, etc.). Osteoporosis, gout, steroids, and pain/analgic treatments do NOT need to be stopped. If you are sick, stay home and reschedule your Rheumatology appointments.

For all of our patients, please reconsider any unnecessary travel and avoid airplanes, cruise ships, and large gatherings until infection risks are lower. Hand wash regularly. Avoid touching your face. Return to work and daily activities when you are not sick with infection. Always call us with new health updates that effect your Rheumatologic disease so we can help advise you toward staying healthy. We want to help you in any way we can.

Stay Well,

Dr. Perkins, Dr. Kelmenson, & RCC Staff



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*Humira, Enbrel, Cimzia, Xeljanz, Rinvoq, Olumiant, Remicade, Simponi, Simponi Aria, Stelara, Rituxan, Orencia, Actemra, Kevzara, Krystexxa, Cosentyx, Taltz, Tremfya, Skyrizi, Mycophenolate, Azathioprine