



Date: 6 Nov 2020

Coronavirus (COVID-19) – Important advice for people with chronic liver disease

This leaflet provides you and your family with information about how coronavirus (COVID-19) might affect you if you have chronic liver disease.

The most common symptoms of coronavirus (COVID-19) are a new continuous cough, loss of sense of smell or taste and/or a fever/high temperature (37.8C or greater).

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.

Some people will have more serious symptoms, including pneumonia or difficulty breathing, which might require admission to hospital.

Your safety is our priority and we aim to minimise disruption to hospital services where possible. The NHS will continue to provide vital cancer treatments, and emergency and urgent care for all patients. With that in mind we have listed some important information below. This advice includes answers to questions you may have and details on services that can offer advice and support.

Some groups of people are considered to be clinically at high risk of severe illness from coronavirus (COVID-19). If you are in this group you will have received a letter from NHS Scotland or been contacted by your doctor. If you are in this group you should be following shielding advice which is to strictly follow physical distancing and hygiene measures. More information can be found here:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding>

<https://www.gov.scot/publications/covid-shielding/pages/overview/>

If you have chronic liver disease AND have been asked to shield you will find guidance for your situation elsewhere on this webpage
<https://www.gov.scot/publications/coronavirus-covid-19-tailored-advice-for-those-who-live-with-specific-medical-conditions/>

What should I know about coronavirus (COVID-19) and chronic liver disease?

Some people with chronic liver disease have a higher risk of becoming ill if they have coronavirus (COVID-19) because their immune system is weakened. This is the case in people with cirrhosis (scarring of the liver) and people on immunosuppressant medication. If either of these apply to you, you will be contacted directly by the NHS with advice that you should stay at home at all times and avoid all face-to-face contact until told otherwise. It is possible this advice will change as more information is available and, if so, you will be contacted again.

The British Liver Trust also has useful information for people with liver disease:
<https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/>

Advice for people that have had a liver transplant is available at
<https://www.organdonationscotland.org/news-events/coronavirus-covid-19-advice-for-transplant-recipients>

Where can I get support?

If you have concerns about your condition or your treatment you should contact your liver specialist team.

The NHS Inform Scotland website has up-to-date information and answers to frequently asked questions.
www.nhsinform.scot/coronavirus

For general information and any concerns about coronavirus (COVID-19) you can call 0800 028 2816 (COVID-19 helpline).

The British Liver Trust also has information on its website about coronavirus (COVID-19).
<https://britishlivertrust.org.uk/>

Further information is available at:
<https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/>

If you are the parent or carer of a child or young person with this condition you will be particularly anxious about what you should and can do to help and protect them at this time. Alongside the clinical advice provided in this leaflet there is further advice available on Parent Club on how to support your child at this difficult time.
<https://www.parentclub.scot/topics/health/coronavirus>.

The Children's Liver Disease Foundation also has information on supporting children who have been diagnosed with a liver condition.

<https://childliverdisease.org/coronavirus-updates/>

For other **non-emergency** health concerns, your first point of contact should still be your GP or 111. They are likely to assess you over the telephone or via video link rather than in person to reduce the risk of infection from coronavirus (COVID-19).

You should ask family, friends and neighbours to support you and use online services to arrange deliveries of food and medicines where possible if you are not able or advised not to leave your home.

If you are unable to access the food and essentials you need, or if you cannot afford to buy them, please phone the national helpline on 0800 111 4000, or contact via textphone on 0800 111 4114. The helpline is open office hours Monday to Friday and will connect you to your local authority who can help provide support or signpost on to other organisations to help you. Further information on the range of support available can be found at <https://www.mygov.scot/coronavirus-covid-19/>.

If you receive support from health and social care organisations, such as care support through your local authority, this will continue as normal. Your health or social care provider will be asked to take additional precautions to make sure that you're protected.

What is the risk to me if I have chronic liver disease?

People receiving immune-suppression therapies, which put them at higher risk of severe illness from coronavirus (COVID-19) will receive a letter from NHS Scotland outlining more specific advice to keep themselves safe.

The following provides practical guidance on whether you might be in the high risk group or not. The risk to an individual will also take account of other factors such as age and other health conditions.

- 1) **High Risk:** If you are on immunosuppressants. You may also be considered high risk if you have decompensated cirrhosis.
- 2) **Normal Risk:** If you have a liver condition but **no** or very little inflammation and **no** or very little scarring and you are **not on immunosuppressant medication and you are younger than 60 years old**. You are likely to be in this group if you usually see your liver specialist less than once a year.

If your condition falls within the highest risk group you should not wait for the NHS Scotland letter and should protect yourself immediately by following the shielding measures set out on the NHS Inform website.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding>.

Identification of people at the highest risk is ongoing, informed by centrally held data and with input from GPs and hospital clinicians. If you have questions about this please contact your hospital liver specialist team.

I did not receive a letter from the NHS, but I am currently being treated for chronic liver disease, do I need to do anything differently to reduce the risk of coronavirus (COVID-19)?

Everyone should be following physical distancing measures to reduce the transmission of COVID-19. From the 1 August shielding has been paused. Most people who were shielding can now follow the [advice for the general population](#), however, you should strictly follow [physical distancing and hygiene measures](#). You may also want to think about the levels of risk associated with work and daily activities.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding>.

If you did not receive a letter, you may still be considered at a higher risk than the general population so it's important you are careful in trying to reduce the risk of becoming infected with coronavirus (COVID-19). You should follow the most up to date guidance on physical distancing, which will protect you and others from picking up the virus:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice>

Will my treatment change?

Your treatment plan is individual to you. You should not change your medication unless told to by your GP or liver specialist. This is also true if you are being treated with immunosuppressants.

Should I still go to hospital appointments?

If you are receiving treatment for a chronic liver condition, it is important that you take extra care of your overall wellbeing, and attending hospital appointments is part of this.

Your clinical team will try to minimise the time you spend in hospital departments, for example arranging telephone or Near Me video consultations and offering blood tests at a different NHS site. Make sure your care provider has your up-to-date contact details.

Your liver specialist or one of their team may contact you to change your appointment. If you have not been contacted, please assume the appointment is to go ahead as arranged.

Anyone who feels that their condition is deteriorating and they need to be seen sooner than their scheduled appointment should contact their GP or clinician who will be able to provide further advice.

Additionally, if you are unwell and require urgent care which is not COVID-19 related you should still access the care you need. This includes presenting to A&E if required, and calling your GP or hospital clinician for further advice on your condition.

If you require immediate medical attention such as if you have acute chest pain or sudden breathlessness and you need immediate medical attention call 999.

If you have symptoms of possible coronavirus (COVID-19) infection then do not come to the hospital. Instead you should check your symptoms against the information on NHS Inform <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19> and call 111 to seek further advice.

Please tell the call handler about your liver condition. Please also inform your liver specialist team.

If hospital admission is likely please remember to pack your mobile phone and phone charger so you can keep in touch with relatives and friends

Can I have visitors in hospital?

Information about visiting loved ones in hospital can be found [here](#).

Will the symptoms be different because I have chronic liver disease and what should I look out for?

The symptoms of coronavirus (COVID-19) will be the same as the general population.

NHS Inform Scotland provides up to date advice about coronavirus (COVID-19) <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>.

People with liver disease also often have other mental health or medical problems. Alcohol problems, diabetes and being overweight are all common in people with liver disease. You should follow all the advice for the general population, which includes looking after your mental and physical health and especially your liver. With physical distancing and isolation there is a risk of drinking more alcohol than is healthy for you (or even taking illicit drugs, which is also very risky). Alcohol puts your liver and your health at risk. Reduce your alcohol consumption if you do drink (in most cases reducing over 8 days is safe). If you drink more than 15 units per day or suffer withdrawal symptoms then please see national guidance available <https://www.shaap.org.uk/publications.html#latest>. If you are currently not drinking alcohol then please continue to stay off it.

Your body is likely more sensitive to alcohol than that of other people and therefore you should not drink alcohol at all. Alcohol can worsen any liver disease by causing inflammation in your liver. Hopefully with the help of your liver specialist team your condition will be very stable until the situation is settled and the healthcare system is back to normal.

Who should I contact if I become unwell or develop side effects while on my current medicines?

If you have chest pain, significant bleeding or you need immediate medical attention call 999.

If you have symptoms of coronavirus (COVID-19) while you are on your therapy, or for any side effects of drug treatment, call 111. They will ask a series of questions and will give advice or arrange for you to have a medical review at your nearest hospital.

If you have Autoimmune Hepatitis you will be on medication, which influences your ability to fight infections (immunosuppressants: prednisolone, azathioprine budesonide or others). Your pharmacist will be able to help you if you are not sure what your medication is for. You should continue with your medication for your liver **unless** you are told to by your GP or by your liver specialist team. The risk of reducing or stopping the medication would be higher than any possible benefit in virtually all cases. If you are on immunosuppressant medication you are in the high risk group and you should follow the instruction to stay at home and self-isolate very strictly.

If you think you may have coronavirus (COVID-19), developed a new continuous cough, a fever/high temperature and/or a loss of sense of taste or smell, do not go to your GP, pharmacy or hospital.

You should phone 111 if:

- your symptoms worsen,
- breathlessness develops or worsens,
- your symptoms haven't improved in 7 days

Tell the call handler about your liver condition.

If you have a medical emergency, phone 999 and tell them if you have coronavirus (COVID-19).

What should I do to collect my routine medications?

You could ask family, friends and neighbours to support you and use online services.

If you are unable to access the food and essentials you need, or if you cannot afford to buy them, please phone the national helpline on 0800 111 4000, or contact via textphone on 0800 111 4114. The helpline is open office hours Monday to Friday and will connect you to your local authority who can help provide support or signpost

on to other organisations to help you. Further information on the range of support available can be found at <https://www.mygov.scot/coronavirus-covid-19/>.

If you receive support from health and social care organisations, such as care support through your local authority, this will continue as normal. Your health or social care provider will be asked to take additional precautions to make sure that you're protected.

What should I do if I am a carer for someone with chronic liver disease?

Coronavirus (COVID-19) can have serious effects on anyone who has a long-term health condition or a weakened immune system, including some people with chronic liver disease.

If you're caring for someone who's vulnerable, there are some simple steps that you can take to protect them. You should follow advice on good hygiene, such as:

- Wash your hands on arrival and often - use soap and water for at least 20 seconds or use hand sanitiser
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands
- Don't visit if you're unwell and make alternative arrangements for their care
- Provide them information on who they should call if they feel unwell (their GP phone number and 111) and how to use NHS inform
- Access advice on creating a contingency plan from Carers UK
- Find out about different sources of support that could be used
- Look after your own well-being and physical health

Advice for unpaid carers is also available at:

<https://www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/>

How can I maintain positive mental health?

There are simple things you can do that may help you maintain positive mental health. These include:

- Exercising regularly
- Spending time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to/watching favourite radio or TV programmes
- Eating healthy, well-balanced meals
- Drinking enough water
- Trying to avoid smoking, alcohol and drugs
- Keeping your windows open to let in fresh air

- Arranging a space to sit with a nice view, if possible
- Getting some natural sunlight if you can or sit on your front step, staying more than 2 metres away from others

You can get support in dealing with anxiety about coronavirus (COVID-19) at:

- <https://clearyourhead.scot/>
- <https://breathingspace.scot/>
- <https://www.samh.org.uk/>
- <https://www.supportinmindscotland.org.uk/>

If you are self-isolating and experiencing much higher levels of distress than is normal for you and you are struggling to cope with day-to-day things this might be useful:

<https://learn.nes.nhs.scot/28084/coronavirus-covid-19/psychosocial-support-and-wellbeing/tips-on-how-to-cope-if-you-are-worried-about-coronavirus-and-in-isolation>

NHS Inform has further resources to help your mental wellbeing:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Are my carers, and/ or friends and family still allowed to visit my home?

The current guidance on meeting up with others is [here](#).

If you have a carer or visitor who supports you with essential everyday tasks, they can come to your home. We do advise that upon arrival, and often throughout their visit, they wash their hands for at least 20 seconds.

It's also a good idea to speak to your carers about what happens if one of them becomes unwell.

If you need help with care but you're not sure who to contact, your local council should be able to help you or please visit <https://careinfoscotland.scot/topics/how-to-get-care-services>

Update to advice for those who have not been asked to shield

You can keep up to date with any changes [here](#).

It's important to remember however, that those over the age of 70 without an underlying health condition and under the age of 70 who receive the flu jab for medical reasons are still classed as being at an increased risk from severe illness from COVID-19 and should be particularly careful in following physical distancing measures along with hand washing and cough hygiene.