



PRECAUTIONS

if you are on an
immunosuppressant
medicine...



GOOD HYGIENE

can reduce your risk of infection



To reduce the risk:

- Wash your hands often, in particular:
 - Before you prepare, cook, or eat food
 - After going to the toilet
 - After touching pets or their poo or pee
 - After changing nappies
 - After gardening
 - After using public transport
- Don't touch your face when your hands are dirty
- Try to avoid close contact with people who have a serious infection

Visit crohnsandcolitis.org.uk/immunosuppressants for more info

FOOD

Reduce risk of food poisoning through good food hygiene and sensible food choices



To reduce the risk:

Prepare and store food safely:

- Follow storage instructions and eat before use-by date
- Wash your hands before you prepare, cook, or eat food
- Regularly clean work surfaces, chopping boards, knives, and other kitchen items
- Regularly wash or replace dishcloths and tea towels

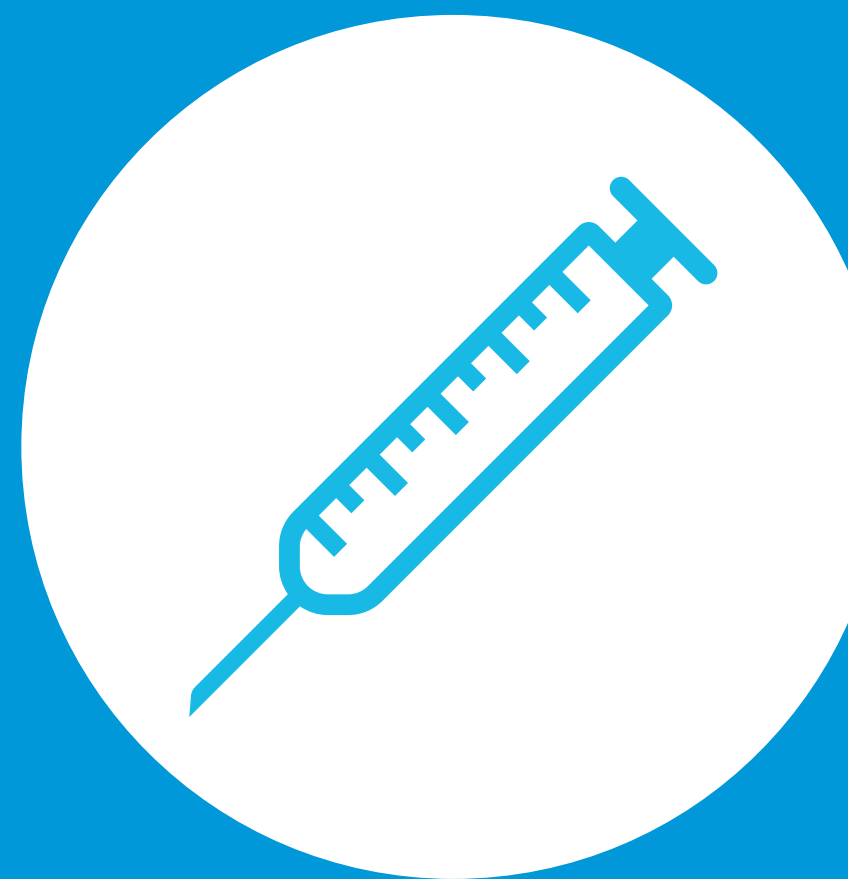
It is a good idea to avoid:

- Raw or lightly cooked eggs
- Raw or undercooked meat and poultry
- Raw seafood, cold smoked or cured fish
- Unpasteurised milk, cheese and yoghurt
- Pâté and cold meats that have not been cooked

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VACCINATIONS

Make sure your vaccinations are up-to-date before you start an immunosuppressant



You may also be eligible for:

- Annual flu vaccine
- Seasonal COVID-19 boosters
- Shingles vaccine
- Pneumococcal vaccine

These are all non-live vaccines and are safe for you to have

You should not have 'live' vaccines while you are taking an immunosuppressant

- Risk of infection from a close contact who has had a live vaccine is low
- Children may be given the non-live flu vaccine instead

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TRAVELLING ABROAD



Try to plan your trip at least
**8 weeks ahead to get health advice
and arrange medicines and vaccines**

To reduce the risk:

- Get advice about vaccines you might need
- Be aware of food and water risks
- Wash your hands often
- Avoid insect bites
- Take anti-malaria tablets if needed
- Take care in the sun
- Make sure you have travel insurance

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TAKE CARE IN THE SUN

There is a small risk of
developing skin cancer if you
are immunosuppressed



To reduce the risk:

- Stay in the shade when the sun is strongest (between 11am and 3pm)
- Use sunblock or high factor sunscreen (at least factor 30)
- Cover your skin and wear a hat
- Do not use sunbeds
- Check your skin regularly and contact your GP or IBD team if you notice any change in your skin

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COSMETIC PROCEDURES

such as tattooing, body piercing and cosmetic surgery carry a small risk of skin infection



To reduce the risk:

- Wait until your condition is stable
- Choose a licensed experienced professional in a reputable location
- Make sure they use sterile equipment
- Follow the instructions for aftercare
- Try not to scratch the area

Laser hair removal is usually considered safe:

- Test on a small area of skin first
- Stay out of the sun for at least 24 hours after treatment
- Laser treatment around the mouth can re-activate cold sores

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ANIMALS

can carry diseases that could make you unwell

Some animals may be more high risk.

This includes reptiles, poultry, rodents, exotic pets, young or sick animals, and farm or wild animals.



To reduce the risk:

- Wash your hands after handling any animal, its poo, pee, or food
- Ask someone else to clean litter trays or cages
- Keep your pet's vaccinations up-to-date

If your dog needs kennel cough vaccine, you might want to:

- Stay out of the room when the vaccine is given
- Ask someone to wipe your dog's face after
- Avoid touching or being close to your dog's face after

OPEN WATER SWIMMING



can increase the risk of infections such as tummy bugs, lung, skin, ear, or eye infections

To reduce the risk:

- Check the water quality
- Cover cuts, scratches, or sores with a waterproof plaster
- Wear suitable protective clothing such as a wetsuit, gloves, or protective footwear
- Avoid swallowing water
- Wash your hands after swimming; shower if possible
- Look for any signs or symptoms of infection afterwards, such as diarrhoea, vomiting, a cough, or skin rashes

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IF YOU GET AN INFECTION



If you think you might have an infection, contact your GP, IBD team or NHS 111

Signs of an infection include:

- Flu-like symptoms
- A cough that will not go away
- Sore, red skin or a painful rash with blisters
- Feeling tired or short of breath
- Peeing more than usual or a burning feeling when you pee
- A severe headache with a stiff neck

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