

The government yesterday issued guidance on shielding and protecting people defined on medical grounds as extremely vulnerable (deemed at highest risk of infection from COVID-19). The government will be writing to 1.5 million people who are deemed at highest risk of infection from COVID-19 e.g. those receiving chemotherapy, advising them to self-isolate (staying at home at all times and avoiding any face-to-face contact) for at least 12 weeks. [The government guidance can be found here](#)

Patients with adrenal insufficiency, or patients with diabetes insipidus, **do not fall into this group** of being extremely vulnerable. They are instead classed as vulnerable (and NOT extremely vulnerable), together with people over 70 years of age and **should follow the rules for stringent social distancing.**

This is the current advice:

If you are a pituitary patient and steroid dependent (adrenal insufficient)
Stringent social distancing but NOT 12 weeks' self-isolation.

This means patients with adrenal insufficiency are:

- Strongly advised against social mixing in the community
- Strongly advised against having friends and family to the house
- Strongly advised to use remote access to NHS and essential services
- Strongly advised to vary daily commute and use less public transport
- Strongly advised to work from home.

Advice last updated 23 March 2020 (approved by Chair of the Society for Endocrinology Clinical Committee, Professor Stephanie Baldeweg & Vice Chair of The Pituitary Foundation's Medical Committee).