



ReTouched by ND

Medical, Surgical & Cosmetic Dermatology

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COVID-19 AND YOUR MEDICATION

Dear Valued Patient:

We at Retouched By ND are committed to your health and to maintaining your highest quality of life. With this in mind we wish to inform you that some medications, while safe under normal circumstances, may adversely affect your health when you have a viral illness such as the COVID-19.

The following is a list of medications that may cause complications when you have a viral illness:

- Methotrexate
- Cyclosporine
- Tremfya
- Cosentyx
- Stelara
- Remicade
- Humira
- Enbrel

If you are on any of these medications, please contact the office for further advice. Also, feel free to call about any medication you think may put you at an increased risk of infection with a viral illness.

Remember the symptoms of COVID-19 include, **fever, coughing, shortness of breath and in some cases, acute diarrhea.**

Continue to be vigilant and heed the preventative measures as outlined by the Ministry of Health.

- Wash your hands with soap and water, and moisturize after
- Use an alcohol-based hand sanitizer if water and soap are not available
- Cover your nose and mouth with a tissue when you cough or sneeze
- Dispose of tissue immediately after using and sanitize hands
- Cough and sneeze into the crook of your elbow if you do not have a tissue
- Avoid touching your face
- Practice social distancing (e.g. no kissing, hugging, or hand-shaking, avoid mass gatherings)
- Stay home if you are ill
- Avoid close contact with people who have flu-like symptoms
- Sanitize hard surfaces (e.g. table tops, hand rails, door knobs and trolleys) as often as possible