**Instructions for patients with Multiple Sclerosis (MS), Neuromyelitis optica(NMO), Myelin oligodendrocyte glycoprotein (MOG) and CNS Demyelination**

* **People currently taking these medications should continue with their treatment.**
* If patients stop taking medications, they may have a flare which will increase the risk of complications if infected with coronavirus
* People with MS who are currently taking Fingolimod, dimethyl fumarate, or siponimod and are living in a community with a COVID-19 outbreak should isolate as much as possible to reduce their risk of infection.
* People taking these medications are not at increased risk of catching novel coronavirus, however they may be at extra risk of complications from the virus if they are infected
* People should seek advice by telephone if they develop symptoms of either seasonal Influenza or novel coronavirus
* Shielding (practiced if other family members are not practicing Social distancing): You are strongly advised to stay at home at all times and avoid any face-to-face contact for a period of at least 12 weeks, including with members of your own household where possible. People who share a home with someone in a high risk group do not have to adopt shielding measures, as long as they are following the social distancing guidance stringently. In addition, the whole household must be very careful; for example by cleaning any shared spaces in between use.
* While the rest of your household are not required to adopt these protective shielding measures for themselves, we would expect them to do what they can to support you in shielding and to stringently follow guidance on social distancing.
* Minimise as much as possible the time other family members spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
* Keep away from people you live with and encourage them to sleep in a different bed where possible. If you can, you should use a separate bathroom from the rest of the household. Make sure you use separate towels from the other people in your house, both for drying themselves after bathing or showering and for hand-hygiene purposes.
* If you do share a toilet and bathroom with others, it is important that they are cleaned after use every time (for example, wiping surfaces you have come into contact with). To take Bath before others use the bathroom.
* We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face, and clean frequently touched surfaces.
* If the rest of your household stringently follow advice on social distancing and minimise the risk of spreading the virus within the home by following the advice above, there is no need for them to also shield alongside you.