

Steroid Sick Day Rules for Primary & Secondary AI

Illness	Hydrocortisone	Prednisolone	Plenadren (Hydrocortisone modified release)	Fludrocortisone
Mild illness – no fever (e.g. common cold etc.)	Take normal dose as usual.	Take normal dose as usual.	Take normal dose as usual.	Take normal dose as usual.
Mild infection with fever (temperature 38-39°C) Broken bone or significant injury	Double each of your usual doses throughout the day.	Double each of your usual doses throughout the day.	Switch to taking 10mg immediate release hydrocortisone every 6 hours.	If hydrocortisone has been increased to 50mg or more, stop taking fludrocortisone. Restart fludrocortisone when your hydrocortisone has been reduced to your normal dose.
Serious infection with fever (temperature above 39°C)	Take 50mg of hydrocortisone and go to hospital or call 999.	Take 20mg of prednisolone and go to hospital or call 999.	Take 50mg of immediate release hydrocortisone and go to hospital or call 999.	Take normal dose as usual.
COVID-19 (suspected or confirmed)	Take 20mg every 6 hours until you feel better.	Dose change depends on the total amount of prednisolone you take daily. If you normally take a total daily amount of between 5-15mg every day – increase dose to 10mg every 12 hours. If you normally take total amount of more than 15mg each day - take your normal dose split into a minimum of 10mg every 12 hours.	Switch to taking 20mg immediate release hydrocortisone every 6 hours.	Take normal dose as usual.
Vomiting and/or diarrhoea	Take extra 20mg. If you vomit again or have more diarrhoea, use your hydrocortisone injection and call 999.	Take extra 5mg. If you vomit again or have more diarrhoea, use your hydrocortisone injection and call 999.	Take extra 20mg of immediate release hydrocortisone. If you vomit again or have more diarrhoea, use your hydrocortisone injection and call 999.	Take normal dose as usual.