**Important Information on COVID-19 for Patients with Hypoparathyroidism**

We understand that the current situation with coronavirus is causing a lot of anxiety to our patients and their families. During this difficult time, our priority is the safety of our patients, the public and our staff. Additionally, we would like to reassure our patients, that support and advice are available to help them manage their condition safely and effectively.

Summarised in the table below are some key information for patients with hypoparathyroidism.

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| ***If you develop symptoms suggestive of coronavirus infection or if you become unwell and tested positive for coronavirus, please follow the advice below:**** Infections can affect your serum calcium level which can lead to hypocalcaemia. It is therefore important that you continue with your daily calcium and/or vitamin D medications to avoid the need for hospital admission.
* Monitor your symptoms closely, including those that may indicate hypocalcaemia (such as tingling sensations and muscle cramps).
* If you feel that your calcium level is dropping (or you have significant symptoms of low calcium), you can take additional calcium (500-1000mg) in addition to taking calcium rich foods or drinks.
* If your symptoms do not improve with the above measures, please seek urgent medical advice either through your GP or your Endocrine team (see details below).
* In the event of a continuous vomiting, please seek emergency medical advice as you will likely require hospital admission.
* Do not adjust the dose of your alfacalcidol or calcitriol unless you are told specifically by your Endocrine team.
* You should also monitor for signs and symptoms of hypercalcaemia (e.g. anorexia, nausea, vomiting, bone and abdominal pain, osmotic symptoms and cognitive changes). It is important that you keep well hydrated to avoid developing hypercalcaemia.
* If you experience persistent symptoms of hypercalcaemia despite appropriate hydration, you might require medical review and further assessment. Please contact your GP or your Endocrine team.
* If you need a blood test, we will arrange this as local as possible to you. We now have satellite blood test clinics in Birmingham which will prevent you from having to come to the hospital for the blood test.
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Parathyroid UK has put together key information for patients with parathyroid conditions which can be found on the link below:

<https://parathyroiduk.org/news/coronavirus-advice-for-people-with-hypoparathyroidism/>

Please find below the contact details for your Endocrine team.

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| [HOSPITAL NAME] | [EMAIL][PHONE] |