

This information has been provided to the TSSS by Dr Helen Turner and her Cardiac Specialist Colleague Dr Liz Orchard from Oxford. We thank them for their help at this very busy time for all NHS staff.

In women and girls with Turner's syndrome, we would suggest that the following groups should be considered more vulnerable to becoming unwell with respiratory infections, including COVID-19, and should therefore be particularly strict in following the social distancing measures outlined in the Government guidelines:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed
 - chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
 - Infants under 1 year with unrepaired congenital heart disease requiring surgery or catheter intervention e.g. VSD, AVSD or tetralogy of Fallot
 - Those with chronic cyanosis (oxygen saturations <85% persistently)
 - Patients with severe cardiomyopathies requiring medication
 - Patients with congenital heart disease on medication to improve heart function
 - Patients with pulmonary hypertension (high blood pressure in the lungs) requiring medication
 - Patients who have undergone heart transplantation
 - Patients with congenital heart disease and significant co-existing conditions e.g. chronic kidney disease or chronic lung disease

- The British and Irish Hypertension Society advises that all patients taking angiotensin converting enzyme inhibitors (ACEi) and angiotensin receptor blockers (ARB) should continue to do so during the COVID-19 pandemic.
- There has been speculation that drugs such as ACEi and ARB, commonly taken by patients with hypertension, heart failure and diabetes, might increase susceptibility to corona virus infection.
In equal measure it has been suggested that these drugs could reduce the risk of serious lung disease following infection.

- **At the present time we have no evidence as to whether either of these two possibilities is true.**

Based on the Government definitions of social distancing, this would exclude attendance of such individuals at nurseries, school, college or universities. Avoidance of situations such as socialising with family, going to restaurants and children's parties would also apply in the same way as the advice for high risk groups contained in the Government guidance.

Patients with reduced immunity e.g. patients with Down syndrome, or chromosome 22q11 deletion, and those taking long-term penicillin to prevent infection because of the lack of a functioning spleen and who do not fit the categories above, should follow the standard Government advice for vulnerable people.