



Advice Regarding Coronavirus (COVID-19)

We have compiled advice from the NHS, WHO and the BIMDG to help the AGSD-UK community stay as safe as possible.

**The NHS is contacting everyone who needs to take action
Be your own advocate**

Read the guidance, assess your own health issues

Consider mental health, wellbeing of loved ones & national needs

**If you have Covid-19 symptoms, persistent temperature or cough, and a
GSD, [PHONE 111 or GP](#)**

Useful Links & Webinar details

Link to BIMDG webinar on IMD and Covid-19 is here:

agsd.org.uk/medical/covid-19-coronavirus/

Information regarding metabolic disorders is available at:

www.bimdg.org.uk

Information regarding COVID-19 for those with muscle GSDs is available at:

www.iamgsd.org

Information on shielding and isolation is on the government website:

www.gov.uk/coronavirus

Remember

There is a very broad range of inherited metabolic disorders, and within that many different GSDs too.

Symptoms vary widely between GSD conditions. We therefore suggest you listen for advice regarding symptoms which are relevant to your individual GSD condition.

Ensure your family, friends, carers and advocates are briefed and able to help you if needed.

AGSD-UK is here for you.

We are well connected to Govt, NHS and all GSD medical dpts, and are continually monitoring the situation.

Contact 0300 123 2790 or info@agsd.org.uk.

'Stay safe, stay well, keep in touch. We are here to help.'
from Trustees; Ailsa, Jayesh, Rob and Nick

25 March 2020