



# Steroid treatment for Covid-19 and other illnesses

People who have been treated for COVID-19, or other illnesses, with steroids such as Dexamethasone, Prednisone, and Hydrocortisone, should be aware of the risk of adrenal suppression.

## IMPORTANT TO KNOW:

- Steroids suppress the production of cortisol by the endocrine system. Adrenal suppression is usually temporary but can lead to a life-threatening adrenal crisis. It's important to be alert for the symptoms of adrenal crisis and to know what to do about it.
- Patients should discuss the risk of adrenal crisis with their physician.
- Steroids should never be stopped abruptly. Tapering down by increments is needed to avoid an adrenal crisis.

## ADRENAL CRISIS SYMPTOMS

- headache/body aches
- extreme fatigue,
- sweats/chills,
- anxiety,
- abdominal/flank pain,
- vomiting, diarrhea,
- confusion,
- dizziness,
- blood pressure too low or too high.

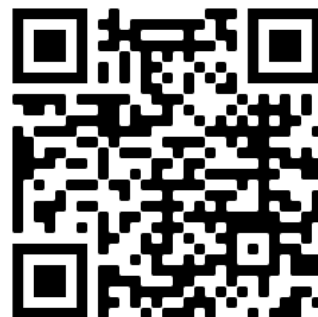
Note:

Not all symptoms have to be present!

## MORE INFORMATION

Scan the QR code below.

You will be redirected to a Web page with more detailed information. Specifically, the 2nd brochure on this resource page explains adrenal suppression and adrenal crisis. There's also a Steroid Tapering guide. All documents are free to print and share with your doctor.



Or go directly to:

[www.adrenalinsufficiency.org](http://www.adrenalinsufficiency.org)

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