

Have you taken  
steroids (5mg  
prednisolone or more)  
for the past 4 weeks?

If you  
become  
unwell

Don't stop taking your  
steroids!

Ill in bed?

Need  
antibiotics?

### SICK DAY RULE 1:

While you are ill:

If on <10mg: **double your usual dose**

If on 10-19mg: **increase to 20mg**

If on 20mg+: **stay on usual dose**

Diarrhoea /  
vomiting?

Major  
injury?

Having  
surgery?

### SICK DAY RULE 2:

You need an injection of steroid  
that same day.