



March 13, 2020

Dear Members and Friends,

During this unprecedented and stressful time as the world fends off COVID-19, NADF continues to support you. That said, this communication serves several purposes:

**1. REMINDERS**

- Please continue to follow CDC instructions for COVID-19 spread prevention. Adrenal insufficient patients could be more susceptible to viral infection so we recommend you and your family be extra vigilant with hand washing and social distancing.
- Keeping extra medicine on hand is recommended for people with chronic conditions, especially now, but also in any emergency situation. This may become more challenging when we have medications on shorter supply, or on backorder.

**2. HYDROCORTISONE ALERT**

- Pfizer has a backorder of their generic version of Cortef® marketed as Greenstone’s Hydrocortisone tablets (5mg, 10mg and 20mg).
- NADF is asking that members with enough emergency stock of hydrocortisone on hand NOT PANIC PURCHASE to allow those who need to fill their Rx’s to obtain their life-sustaining medication.

**3. RECOMMENDATIONS**

- Work with your doctor and pharmacy to ensure you have enough hydrocortisone and other medications
- If you use Greenstone’s hydrocortisone, you may still be able to obtain it as many pharmacies still have available supplies. If not, ask the pharmacist to check other sources or hydrocortisone from another producer.
- Use of mail order pharmacies eliminates the need for you to go to a pharmacy while practicing social distancing, generally allows for a 90-day supply at a much lower cost, and have their own warehouses where supplies may not be as limited (if using a retail walk-in pharmacy try using a drive-through or delivery service, or have someone pick up the Rx’s for you).
- If you don’t have access to a backup supply and want to refill your medication before the refill date, call your prescription plan and explain your situation. If your insurer denies your refill request, don’t be afraid to escalate your request to management.
- Remember that compounding pharmacies may also be an alternative.

Please be assured that NADF will continue to monitor the situation and is investigating all options in case we do have a drug shortage. We plan to continue to communicate information on drug availability and other relevant COVID-19 advisories for our NADF members, families and friends. In the meantime, please stay healthy.

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