

## COVID-19 Treatment

# What is COVID-19?

COVID-19 is a respiratory disease caused by SARS-CoV-2; a new coronavirus discovered in 2019.

The World Health Organization (WHO) announced the official name for the disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease.

### How does the virus spread?

The virus is thought to spread mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks.

### COVID-19 is spread in three main ways:

- » Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- » Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- » Touching eyes, nose, or mouth with hands that have the virus on them.

### How do I protect myself and others?

- 1. Get vaccinated!**
  - » **Pfizer** FDA Approved two doses, 21 days apart
  - » **Moderna** two doses, 28 days apart
  - » **Johnson & Johnson** single dose
  - » **Fully vaccinated = 14 days after:**
    - » 2nd dose (Pfizer, Moderna) or
    - » 1st dose (Johnson & Johnson)
- 2. Wear a mask**
- 3. Stay 6 feet away from others**
- 4. Avoid crowds and poorly ventilated spaces**
- 5. Wash your hands often**

### What are the signs and symptoms of COVID-19?

Signs and symptoms at presentation of illness onset vary, but over the course of the disease many people with COVID-19 will experience the following:

- » Fever or chills
- » Cough
- » Shortness of breath or difficulty breathing
- » Fatigue
- » Muscle or body aches
- » Headache
- » New loss of taste or smell
- » Sore throat
- » Congestion or runny nose
- » Nausea or vomiting
- » Diarrhea

- » Some people who are infected may not have symptoms. For people who have symptoms, illness can range from mild to severe.
- » Adults 65 years and older, and people of any age with underlying medical conditions, are at higher risk for severe illness.

# Treatments

*Providers at SIH provide evidence based medical care for patients with COVID-19 based on the most up-to-date recommendations from the CDC, NIH, and medical professional organizations.*

## Recommended:

### Symptom management and supportive care:

- » Fever Control
- » Fluids and electrolytes
- » Blood pressure monitoring
- » Supplemental oxygen

### Inpatient COVID-19 Medications:

- » **Remdesivir (Veklury)** FDA approved antiviral that works to reduce the virus ability to replicate. Approved for hospitalized patients only.
- » **Steroids (e.g. dexamethasone)** work to decrease inflammatory response. Approved for patients who require supplemental oxygen.

### FDA Emergency Use Authorized COVID-19 Medications (when available)

- » **Baricitinib (Olumiant)** Emergency Use authorization from the FDA for hospitalized patients who require supplemental oxygen. Works to decrease inflammation and decrease viral replication.
- » **Tocilizumab (Actemra)** Emergency Use authorization from the FDA for hospitalized patients who are on steroids and require supplemental oxygen. Works to decrease cytokines (proteins that signal inflammation).

## Not Recommended:

- » **Hydroxychloroquine** current evidence does not support this therapy
- » **Ivermectin** current evidence does not support this therapy