

Coronavirus

LATEST ADVICE

Created by: Amanda Duesing RN, Amanda Kuhn RN, Cassidy Owens RN, Miranda Norman RN, Stephanie Hudnall, RN

Other Treatments:

- Prone Positioning (pictured below)
- Helps to improve oxygenation by increasing end-expiratory lung volume and improving tidal volume.
- Should be used 12 hours a day minimum.
- High Flow Nasal Oxygen
- Lower Tracheal Intubation



Treatment of Symptoms at Home:

- Take over-the-counter medication such as Tylenol to reduce fevers and body aches
- Drink plenty of fluids (eight 8-ounce glasses daily) and rest
- Track your health with the CDC's self-checker tool <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>
- For medical emergencies such as trouble breathing, call 911 and tell the dispatcher you or your loved one have been diagnosed with COVID-19

Drug Treatments

- EUA - Emergency Use Authorization allows the FDA to fast track the drug trials with clinical trials overlapping rather than each one lasting for several years. The FDA continues to closely monitor the drugs for safety and usefulness.
- Medications to reduce fever, such as acetaminophen or ibuprofen (be sure to read the dosage labels!).
- Medications to slow the virus within the body, this would include Remdesivir an antiviral medication given intravenously.
- Medications to help with your immune response, this could include steroids to help with inflammation (swelling). Steroids can be given intravenously or by mouth.
- Medications to treat complications related to the virus. A common complication can include blood clots, so a blood thinner may be prescribed.
- Convalescent Plasma can also be given (it is donated from people who have recovered from COVID-19) to help your body recognize the virus. Plasma contains antibodies to the virus.

Preventative Treatments:

- -Wear a mask- everyone 2 and over should wear a mask in public and stay 6 ft (or two arms lengths) away from others
- Avoid Crowds and *poorly ventilated areas*
- Wash your hands often- with *soap and* water for at least 20 sec. then disinfect using hand sanitizer with 60% *or alcohol*
- Cover coughs and sneezes and dispose of tissues immediately
- Clean and disinfect frequently touched surfaces daily
- Get vaccinated



References:

- Commissioner, O. (n.d.). Emergency use authorization. Retrieved from <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization#coviddrugs>
- Centers for Disease Control and Prevention. (2021, March, 17). Things to know about the COVID-19 pandemic. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>

