



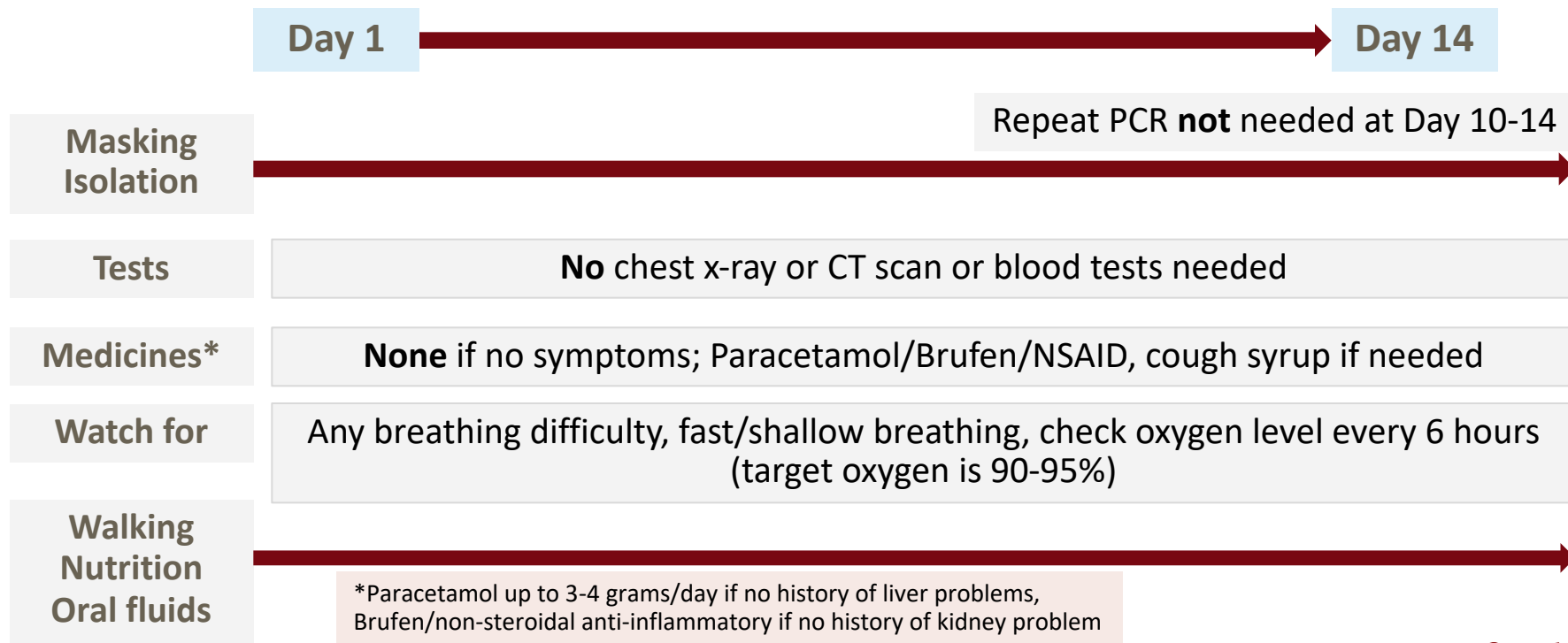
# COVID-19 Treatment Plans

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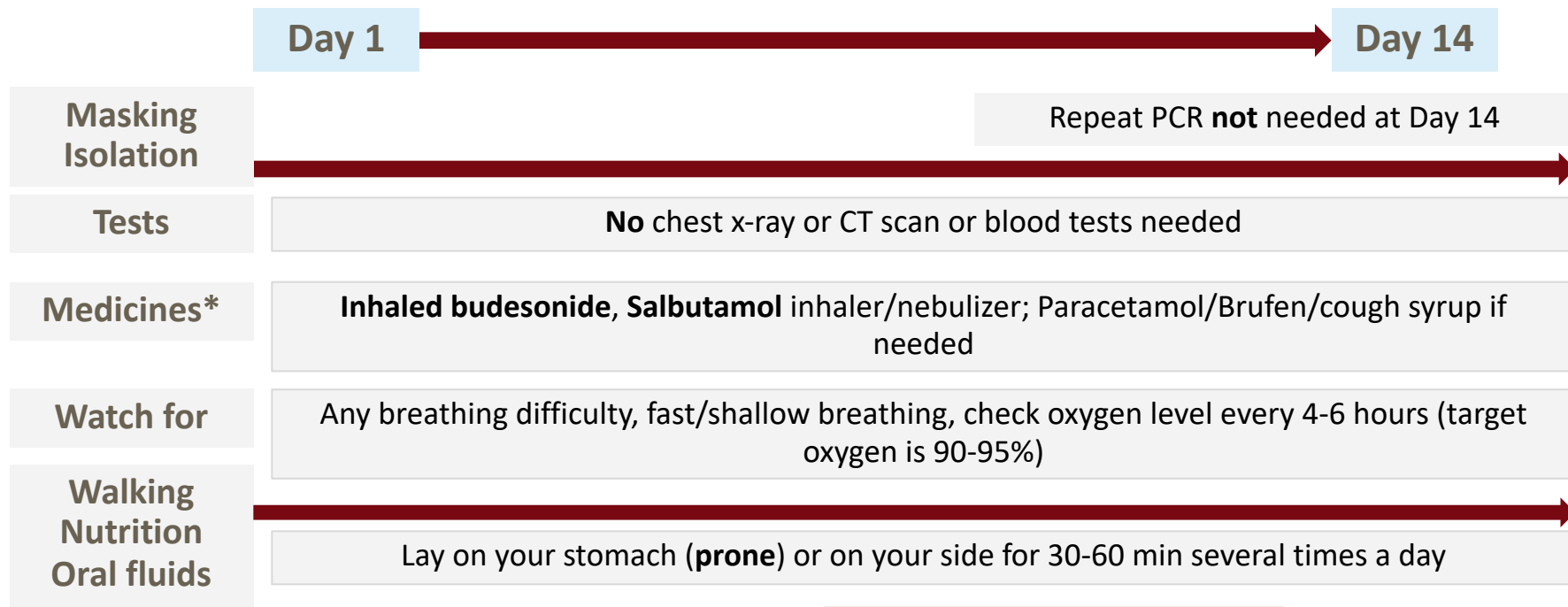
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# Treatment plan: No symptoms or mild illness



**Mild illness** means they can have fever, cough, sore throat, tiredness, headache, body ache, nausea, vomiting, diarrhea, loss of taste and smell. They do not have problems with breathing

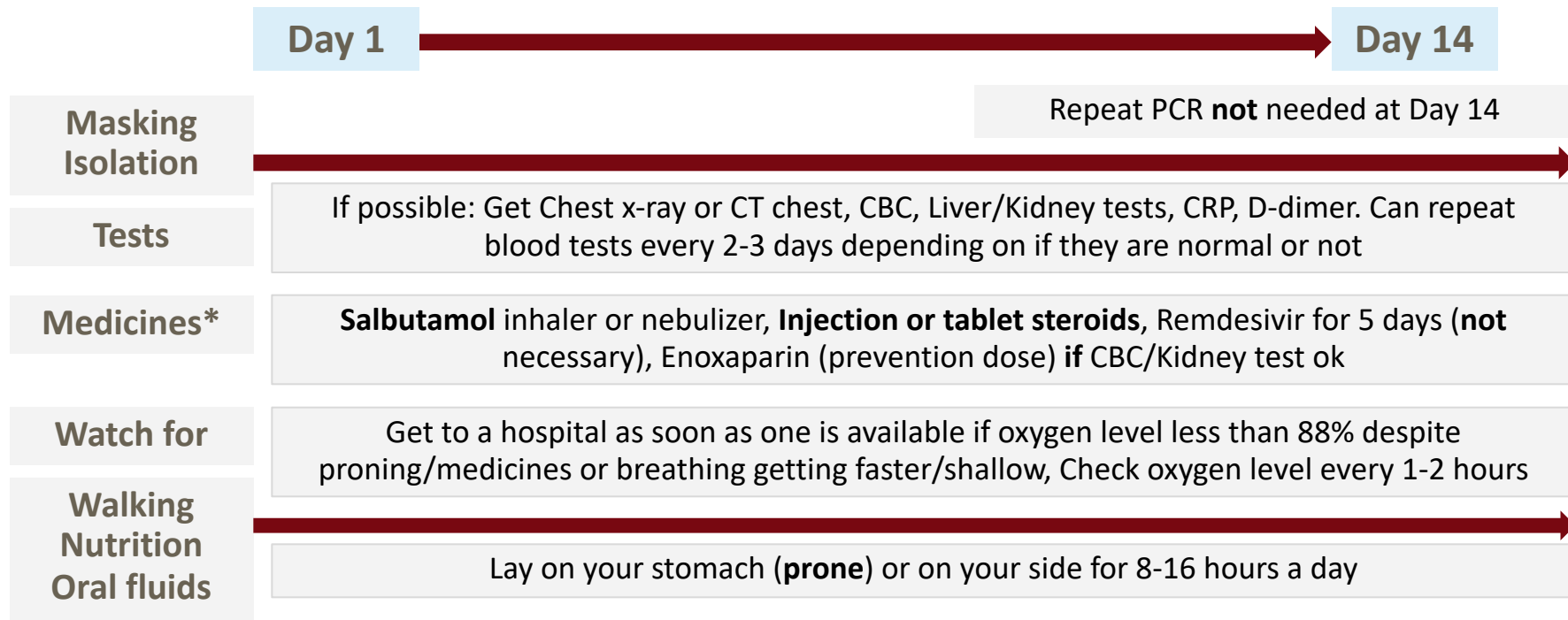
# Treatment plan: Moderate illness



**Moderate illness** means the oxygen level is at least 94% or more (without any extra oxygen) but they can have some difficulty breathing

\*Paracetamol up to 3-4 grams/day if no history of liver problems, Brufen/non-steroidal anti-inflammatory if no history of kidney problem

# Treatment plan: Severe illness (if can't find a bed immediately)



**Severe illness** means the oxygen level is less than 94% (without any extra oxygen) AND breathing faster than 30 times in a minute

\*Fever: Can take: Paracetamol up to 3-4 grams/day if no history of liver problems, Brufen/non-steroidal anti-inflammatory if no history of kidney problem

# Treatment plan: Severe illness (in the hospital)

Day 1

Masking  
Isolation

Tests

Chest x-ray or CT chest, CBC, Liver/Kidney tests, CRP, D-dimer. Can repeat blood tests every day or every 2-3 days depending on if they are normal or not

Medicines\*

**Injection or tablet steroids, Salbutamol** neb, Remdesivir for 5-10 days (**not necessary**), **Enoxaparin**, Tocilizumab (**not necessary**) within 24 hours of high-flow or ventilator

Walking  
Nutrition  
Fluids

Lay on your stomach (**prone**) or on your side for 10-16 hours a day

**Severe illness** means the oxygen level is less than 94% (without any extra oxygen) AND breathing faster than 30 times in a minute

\*Fever: Can take: Paracetamol up to 3-4 grams/day if no history of liver problems, Brufen/non-steroidal anti-inflammatory if no history of kidney problem



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