COVID-19 Treatment Plans

Nidhi Rohatgi, MD, MS, FACP, SFHM
Aruna Subramanian, MD
Angela Rogers, MD
Treatment plan: No symptoms or mild illness

**Day 1**
- **Masking**
- **Isolation**
- **Tests**
  - No chest x-ray or CT scan or blood tests needed
- **Medicines***
  - None if no symptoms; Paracetamol/Brufen/NSAID, cough syrup if needed
- **Watch for**
  - Any breathing difficulty, fast/shallow breathing, check oxygen level every 6 hours (target oxygen is 90-95%)

**Day 14**
- Repeat PCR **not** needed at Day 10-14

**Walking**
- **Nutrition**
- **Oral fluids**

*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

*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: Moderate illness

Day 1

- **Masking Isolation**: Lay on your stomach (prone) or on your side for 30-60 min several times a day
- **Tests**: No chest x-ray or CT scan or blood tests needed
- **Medicines***: Inhaled budesonide, Salbutamol inhaler/nebulizer; Paracetamol/Brufen/cough syrup if needed
- **Watch for**: Any breathing difficulty, fast/shallow breathing, check oxygen level every 4-6 hours (target oxygen is 90-95%)

Day 14

- **Repeat PCR** not needed at Day 14

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

**Medicines***: 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)

**Day 1**

- **Masking Isolation**
- **Tests**
  - If possible: Get Chest x-ray or CT chest, CBC, Liver/Kidney tests, CRP, D-dimer. Can repeat blood tests every 2-3 days depending on if they are normal or not
- **Medicines***
  - **Salbutamol** inhaler or nebulizer, **Injection or tablet steroids**, Remdesivir for 5 days (not necessary), Enoxaparin (prevention dose) if CBC/Kidney test ok
- **Watch for**
  - Get to a hospital as soon as one is available if oxygen level less than 88% despite proning/medicines or breathing getting faster/shallow, Check oxygen level every 1-2 hours
- **Walking Nutrition Oral fluids**
  - Lay on your stomach (**prone**) or on your side for 8-16 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

*Fevers: 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

**Day 14**

- **Repeat PCR not needed at Day 14**

---

*Stanford Medicine*
**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**

- 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.

---

*Fevers: 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.