

## 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

*If you have been diagnosed with COVID-19 or have mild symptoms, you are advised to manage symptoms and self-isolate at home. Monitor your symptoms and talk to your doctor or provider about your risk for progressing to severe COVID-19 and/or hospitalization. If your symptoms become severe or suddenly worsen, call 911 and seek emergency care immediately.*

## **Can I use fever reducing medication?**

Yes, you can use acetaminophen (Tylenol) or Nonsteroidal Anti-inflammatory (NSAIDs) medication like ibuprofen to reduce fever.

## **What treatment options are available for COVID-19?**

Talk to your doctor or provider about your risk for progressing to severe COVID-19 and/or hospitalization. He or she can recommend next steps for potential treatments, such as the monoclonal antibody, which is sometimes used for high-risk patients.

## **Should I ask my provider to give me antibiotics?**

No, antibiotics do not treat viral infections. Current evidence does not show benefit when adding antibiotics (such as azithromycin or doxycycline), however antibiotic use can increase your risk of drug-resistant infections in the future.

## **Should I ask my provider to give me steroids?**

No, studies demonstrate steroids provide no benefit for patients that do not require supplemental oxygen. Steroid use, however, may increase immunosuppression.

## **Should I take vitamin supplements?**

Maybe. Multivitamins can be taken within the recommended daily dosing but there is no evidence that they prevent or treat COVID-19. Ask your provider if adding vitamin supplementation would be beneficial for you.

## **Should I take ivermectin or hydroxychloroquine to prevent or treat COVID-19?**

No, both of these medications lack sufficient data to support their ability to prevent or treat COVID-19. In addition, there are risks and side effects these drugs can carry which could cause additional harm.