

Tips for Managing COVID-19 (Coronavirus) at Home for Adults

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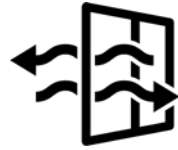
Scan the QR code for detailed information!



If you have COVID-19 symptoms

CONSULT WITH A DOCTOR & GET TESTED

*Symptoms: fever, sore throat, cough, breathing difficulty, headache, body aches, loss of smell or taste



Check oxygen level (with pulse oximeter) 3-4 times/day

Wear a mask and have your family wear a mask to protect everyone

Open windows for ventilation



Stay (Isolate) at home and rest



Stay hydrated



Fever medicines (Paracetamol, Acetaminophen)

If oxygen level is 92% or more



Fever medicines (Paracetamol, Acetaminophen)



Stay hydrated



Lie on your stomach as tolerated, to improve lung oxygenation



Inhaled budesonide (steroid) - two puffs, twice daily (1600 mcg/day in total), until symptoms improve*

If oxygen level is less than 92%

CONSULT WITH A DOCTOR & **SEEK HOSPITAL CARE**

The following are proven treatments recommended under medical supervision



Lie on your stomach



Use oxygen



Monitor oxygen level 4-6 times/day



Dexamethasone* (steroid) 6mg orally or IV, once daily, for 5-10 days

***If Dexamethasone unavailable, one of these:**

- Hydrocortisone 50 mg orally or IV, three times daily, for 5-10 days
- Methylprednisolone 32 mg orally or IV, once daily, for 5-10 days
- Prednisolone 40 mg orally, once daily, for 5-10 days
- Prednisone 40 mg orally, once daily, for 5-10 days

Steroid can be stopped at 5 days if oxygen is no longer needed

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Disclaimer: This tip sheet is intended to be educational in nature and is not a substitute for clinical decision making by professionals

<https://www.indiacovidsos.org>

Remdesivir May shorten duration of symptoms **but does not decrease the risk of death from COVID-19**. Should **only** be given with physician supervision, early in patients with low blood oxygen level.

Tocilizumab Should **only** be given with physician supervision in severely ill patients (rapidly increasing oxygen requirements) admitted to the hospital on steroids.

Treatments that are NOT routinely advised* Ivermectin, Hydroxychloroquine, Convalescent Plasma, Vitamin C & D, Zinc, Baricitinib, Itolizumab, Bevacizumab, Lopinavir-Ritonavir, Favipiravir, Fluvoxamine, Interferon alpha-2b, Azithromycin, Doxycycline or other antibiotics

+ [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(21\)00160-0/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(21)00160-0/fulltext)

* <https://www.who.int/publications/i/item/WHO-2019-nCoV-therapeutics-2021.1> and <https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2021-1>