

Management of mild COVID-19

A guide for Primary Health Care



Patients with confirmed COVID-19

What is mild COVID-19 disease?

MILD	SEVERE	CRITICAL
HOME MANAGEMENT (if safe self-isolation is possible)	HIGHER LEVEL OF CARE	MAY REQUIRE ICU
<ul style="list-style-type: none"> • SpO2 ≥95% • Respiratory rate: <25 • HR: <120 • Temp: 36-39°C • Mental status: normal • Ability to walk • Ability to talk in full sentences 	<ul style="list-style-type: none"> • Deterioration in the ability to perform activities of daily living 	<ul style="list-style-type: none"> • Sepsis • Septic Shock
<p>The Patient's Oxygen Saturation should be checked with a Pulse Oximeter before being sent home</p>	<p>Respiratory Distress: Requires supplemental oxygen & specific therapies (such as corticosteroids)</p>	<p>Acute Respiratory Distress (ARDs) Requires life-sustaining treatment</p>

Clinical signs & symptoms

Patients at high risk for deterioration:

- Diabetes Type 1 & 2
- Renal disease or failure
- Cardiac comorbidities
- Pulmonary comorbidities
- Patients over 65

What guidance can I give to a patient who needs to self-isolate?

A patient who can safely self-isolate should:

1. Be able to stay and sleep alone in a well ventilated room (with an opening window)
2. Be able to maintain physical distancing at home
3. Be able to maintain hand hygiene at home
4. Be able to use a Pulse Oximeter (if accessible) to monitor their oxygen levels
5. Be able to contact their healthcare provider or facility in case of deterioration, contact details to be provided

ADVISE PATIENT:

Most mild cases resolve at home with little intervention. HOWEVER, any deterioration in symptoms should prompt them to seek re-evaluation by the healthcare provider.

Whilst isolating at home, the patient should:

1. Not leave the room /home for isolation period
2. Not have visitors in their home
3. Assign 1 member of the household as the dedicated caregiver (to exposes less of the household to the virus)
4. Stay at least 2 meters away from everyone at all times
5. Wear a mask if contact with others is unavoidable
6. Practice good hand, cough and sneeze hygiene
7. Avoid sharing household items or bathrooms, if not possible, clean items and areas thoroughly after use
8. Frequently clean surfaces and linen with soap and water
9. Contact their health care worker or clinic, if if compliance with these points are not possible

Treatment of mild COVID-19

- Symptomatic relief of fever or pain: use paracetamol in preference to nonsteroidal anti-inflammatory drugs.
- Advise the patient to rest and maintain adequate hydration.
- Do NOT give corticosteroids to patients with mild COVID-19 disease (unless they require them for a reason apart from COVID-19).
- **Steroids are only of benefit in patients with hypoxia, and may worsen outcomes in mild disease.**
- When treating mild COVID-19, there is no clear evidence of the benefit of using: **vitamins, zinc, aspirin, anticoagulants, Ivermectin or other medications.**

Monitoring mild COVID-19 patients

Why is it important to monitor a patient with mild COVID-19?

- Patients with mild disease may worsen over the course of a week or more.
- ▶ **Ensure the patient continues to meet criteria for "mild" disease.**
- ▶ **If not, refer to higher level of care.**

What does clinical monitoring involve?

Checking, several times a day:

- Respiratory rate and/or difficulty of breathing
- Temperature
- Pulse rate
- Mental state
- **Pulse oximetry** (if available at home) – check Sats are ≥92.
- ▶ **If not, refer to a higher level of care.**