



هائل سعيد انعم وشركاه  
FAYEL SAEED ANAM & CO.

# COVID-19 Management Protocol

## **1. Asymptomatic positive RT-PCR:**

### **Asymptomatic without Risk factors for sever disease.**

- Home isolation.
- Paracetamol 500mg tab 2x3.
- Supportive treatment.
- Self-check temperature twice daily.

### **Asymptomatic with Risk factors for sever disease.**

#### **Lab investigations**

- **PCR** for COVID 19 every 72 hours.
- **CBC** with differential, **C-reactive protein**, **renal** functions: (urea, Creatinine) and **liver** functions (SGOT, SGPT).

#### **Imaging:**

1. Chest x-ray daily.

## Medical management

- Admit the patient to **hospital/quarantine facility** for observation after baseline investigations. **PLUS**
- **Paracetamol 500mg** tab p.o 2x3. **PLUS**
- **Hydroxychloroquine 400mg** tab BID for 1 day then 400mg OD for 5 days. **PLUS**
- **Doxycycline 100mg** p.o BID for 7 days.
- **Vitamin C** 1gm eff BID.
- **Zinc (vitazinc** 1 cap Od).

## 2-Symptomatic mild to moderate:

### Signs and symptoms

- ✓ **Respiratory rate** (24 -30).
- ✓ **Fever** above 38.
- ✓ **Dyspnea and dry Cough.**
- ✓ **Myalgia, arthralgia and sore throat.**

### Lab investigations

- ✓ **Complete blood picture** leucopenia with lymphopenia, thrombocytopenia and agranulocytosis.
- ✓ **Ferritin/CRP.**
- ✓ **Renal functions** : Urea and Creatinine,
- ✓ **Liver functions:** SGOT, SGPT, INR, PT and PTT.
- ✓ **D- dimer/ LDH.**
- ✓ **ECG.**

**Daily:** CBC, Urea, Creatinine, Electrolytes, ALT and PT, INR.

## Radiological

- ✓ **CT chest** free.
- ✓ **X-ray** free signs of congestions. **Daily**.

## Medical management:

- **Strict infection control measures.**
- **Admit the patient to hospital.**
- **Oxygen therapy** if  $\text{fio}_2 < 93$ . (Escalate O2 therapy).
- **Fluid (conservative).**
- **Pantoprazole** 40 mg p.o/ iv every 24 hrs.
- **Paracetamol 500mg** tab p.o 2x3.
- **Anti-tussive** Tussfine syrup po prn.
- **HQC** 400mg tab BID for 1 day then 400mg OD for 5 days. **PLUS**
- **Azithromycin** 500mg p.o OD for 5 days. **PLUS**
- **Oseltamivir (Tamiflu)** 75 mg every 12 hrs for 5 days.
- **Cefobid** 1gm IV 1x2.
- **Vitamin C** 1g Eff / Iv TDS.
- **Vitamin D3** 50000 unit one dose. If there is vit D deficiency.
- **Enoxaparin (Clexan)** 40-60mg sc OD.
- **Prone positioning.**

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