

COVID-19 Home Care Guidelines

UPDATED: 03/23/20

COVID 19 Testing Guidelines:

- Consistent with Illinois and Wisconsin Departments of Public Health we are only testing **hospitalized patients or those with symptoms in long term care facilities**
- In order to conserve the media and swab necessary to transport the test, clinically stable individuals exhibiting symptoms should receive supportive care and 14-day home quarantine advice.

Who to Test?

Symptoms	Send for testing?	Where?
None	No	Home
Mild	No	Home
Moderate	If high risk condition – Yes If no high-risk condition – No	Emergency Room if Yes
Severe	Yes	Emergency Room
None	No	Home
Mild	No	Home
Moderate	If high risk condition – Yes If no high-risk condition – No	Emergency Room if Yes
Severe	Yes	Emergency Room

High Risk Conditions

- Women who are pregnant or postpartum
- Persons <2 years old and >65 years old
- Lung Disease (COPD, Asthma, CF, BPD)
- Technology dependent lung disease
- Heart Disease (CHF, Pacemaker, Cardiac Surgery)
- Neuromuscular Disease (Stroke, Parkinson's, Muscular Dystrophy, CP, epilepsy)
- Diabetes
- Kidney Disease (dialysis, nephrotic syndrome)
- Liver Disease (liver failure, chronic hepatitis)
- Weak Immune System (cancer, chemotherapy, HIV, transplant, oral steroids)
- Aspirin Long Term Therapy

Emergency Room Evaluation:

- Only advise moderately ill individuals with an underlying condition or severely affected individuals to go to the Emergency Department

- Call ahead to alert the staff – they need to expect the patient and prepare for their arrival
- Emergency Room physicians will only admit clinically unstable. Those who are clinically stable should be sent home with supportive care and 14-day home quarantine. Alert the patient that ***they will not be tested unless the emergency room provider decides to admit them.***

Home Quarantine

- Less sick individuals should stay home on 14 days quarantine:
 - No visitors
 - No work or school
 - No church, childcare centers, shopping or public places
 - Avoid close contact with others
- Close home contacts should also be quarantined and monitored for symptoms.

Adult COVID-19 Home Treatment Recommendations

Fever
• Acetaminophen (Tylenol) 650mg PO Q4H PRN OR 1,000mg (Extra Strength) PO Q6H PRN • If liver dysfunction history, maximum daily limit is 2,000mg/day, otherwise 4,000mg/day limit • NSAIDs are not recommended for COVID infection
Myalgia and Pain
• Acetaminophen OR topical pain relief (i.e. Menthol based creams, Lidocaine) • Use of Ibuprofen/NSAID controversial, possibly increases potential of Acute Lung Injury
Sore Throat
• Chloraseptic Spray/lozenges, warm liquids, honey • If potential for concomitant Strep Pharyngitis exists, treat empirically with Amoxicillin or Azithromycin for PCN allergy. • Please do not send for testing at this time to prevent exposure clinics
Cough
• Tessalon Perles, honey, humidification of home, liberal PO fluid intake (if no contraindications) • OTC cough syrup, Mucinex for productive cough/congestion
Dyspnea
• Albuterol inhaler 1-2 puffs Q4H PRN – if patient is already on the medication • Use of corticosteroids is contraindicated, possibly increases potential of Acute Lung Injury • If face to face evaluation warranted, send to ER
Sinus Congestion or Rhinorrhea
• Pseudoephedrine or Coricidin HBP (Hx of HTN) • Afrin BID x 3 days (no longer) for adults only with no HTN
Antimicrobial Stewardship and Labs
• Consider presumptive treatment, if clinically warranted. • Avoid non-emergent laboratory services. • Utilize clinical judgment, available assessment information and past culture results to determine possibility of presumptive treatment. If the patient requires face to face evaluation, consider the ED – call in advance

Pediatric COVID-19 Home Treatment Recommendations

Fever
- Acetaminophen (Tylenol) – use pediatric dosing chart - NSAIDs are not recommended for COVID infection
Myalgia and Pain
- Acetaminophen (Tylenol) – use pediatric dosing chart - NSAIDs are not recommended for COVID infection
Sore Throat
- Warm liquids, honey (for children greater than 12 months old) - Acetaminophen (Tylenol) – use pediatric dosing chart
Cough
- Humidification of home, liberal PO fluid intake, honey (for children greater than 12 months) - OTC cough syrup not recommended in children

Pediatric Acetaminophen Dosing

DOSAGE FOR ACETAMINOPHEN/TYLENOL® 160 MG/5 ML		
KILOGRAMS (KG)	POUNDS (LBS)	EVERY 4-6 HOURS AS NEEDED (maximum of 5 doses per day)
4.5	10	2 mL
5.5	12	2.5 mL
6.4	14	3 mL
7.3	16	3.5 mL
8.2	18	4 mL
9.1	20	4.5 mL
10	22	5 mL
10.9	24	5 mL
11.8	26	5.5 mL
12.7	28	6 mL
13.6	30	6.5 mL
14.5	32	7 mL
15.5	34	7.5 mL
16.4	36	7.5 mL
17.3	38	8 mL
18.2	40	8.5 mL
19.1	42	9 mL
20	44	9.5 mL
20.9	46	10 mL
21.8	48	10 mL
22.7	50	10.5 mL
23.6	52	11 mL
24.5	54	11.5 mL
25.5	56	12 mL
26.4	58	12.5 mL
27.3	60	13 mL
28.2	62	13 mL
29.1	64	13.5 mL
30	66	14 mL
30.9	68	14.5 mL
31.8	70	15 mL
32.7	72	15.5 mL
33.6	74	16 mL
34.5	76	16 mL
35.5	78	16.5 mL
36.4	80	17 mL
37.3	82	17.5 mL
38.2	84	18 mL
39.1	86	18.5 mL
40	88	19 mL