

# Outpatient Management of COVID-19

## 1. COVID prevention for every day

- The 3 w's – wear a mask, wait 6 feet apart, wash your hands.
- The 3 c's – don't do closed, crowded or close.
- Get a flu shot.
- Low dose Vitamin D (2-5 thousand per day) may help. Consider Vitamin D level in high risk
- Exercise in a safe environment.
- Reduce weight if obese.
- If diabetic, consider agents with potential to reduce severe COVID risk. Diabetes Care May 2020
- If hypertensive, treat with ACEI/ARB if indicated.

## 2. Things to do if you have had a COVID test for exposure or symptoms and are waiting for results

- Zinc (e.g. Zicam) may help, little to no risk
- ?? Melatonin, Pepcid, etc. have suggested minimal, if any benefit. Consider risk.
- Self Quarantine.
- CDC.com <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## 3. If your COVID test turns positive

- Continue self-quarantine for 10 days.
- Contact 252-744-1913 for clinical trial options or monoclonal antibody under EUA (Emergent Use Authorization)
- Follow up with local physician if develop shortness of breath.
- Consider repeat CRP in 48 hours, if >100 mg/L reevaluate need for inpatient management
- Timing of therapy is critical. Steroids have only demonstrated benefits in later stages of disease. Other therapies (antivirals, plasma and monoclonals) have only demonstrated benefit in patients with early symptoms.

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