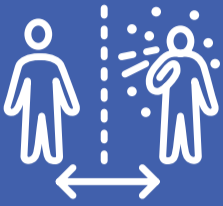


PREVENTION, DIAGNOSIS AND EARLY MANAGEMENT OF COVID-19



WHAT ARE THE KEY POINTS?



EVIDENCE SHOWS THAT COVID-19 CAN SPREAD BY **BOTH AIRBORNE AND DROPLET TRANSMISSION**



STEROIDS ARE NOT NEEDED IN PATIENTS WHO ARE NOT HYPOXIC, AND CAN CAUSE LIFE THREATENING COMPLICATIONS WHEN USED INAPPROPRIATELY



80% OF CASES WILL BE MILD AND CAN BE MANAGED AT HOME WITH MONITORING



ANTIBIOTICS ARE RARELY NEEDED AND ALSO MAY HAVE SERIOUS SIDE EFFECTS

HOW CAN THIS WORK ON THE GROUND?

AVOID CLOSED SPACES, CROWDS AND CLOSE CONTACT



USE PULSE OXIMETRY AND CLINICAL SYMPTOMS TO MONITOR PATIENTS FROM HOME. ENSURE PULSE OXIMETERS ARE CE MARKED FOR RELIABILITY.



WHEN INDOORS, MAXIMISE AIR FLOW – KEEP WINDOWS OPEN, ENSURE AIR VENTS ARE WORKING



IF STEROIDS MUST BE PRESCRIBED THESE SHOULD BE AT SMALL DOSES – SMALL AND FOR THE MINIMUM AMOUNT OF TIME.



OTHER CONSIDERATIONS



THE RISK OF STEROIDS MAY OUTWEIGH THE BENEFITS IN THOSE WHO ARE IMMUNOCOMPROMISED, HAVE DIABETES OR ARE ON DIALYSIS.



STEROID OVERUSE INCREASES THE RISK OF MUCORMYCOSIS – WARNING SIGNS INCLUDE CHANGES IN VISION, A BLOCKED NOSE, OR BLACK SKIN AROUND THE NOSE.



VISUAL ASSESSMENT OF PATIENTS AT HOME USING TELEMEDICINE CAN BE BENEFICIAL WHERE THIS IS AN OPTION.

