



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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8/4/2020

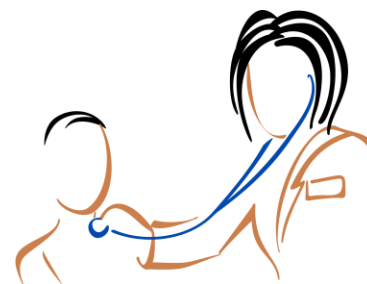
Treatment for COVID-19

Disclaimer from the CDC: No specific treatments or drugs have been proved safe and/or effective for treating or preventing COVID-19 by the Food and Drug Administration (FDA) at this time. Current treatments are focused on preventing infection and supportive care, like using ventilators.

Arriving at the Hospital

If you have a severe case of COVID-19 and need to be hospitalized, the medical staff will check for signs of the illness causing more serious problems. They may:

- Check oxygen levels in your blood with a pulse oximeter, or clip-on finger monitor.
- Listen to your lungs.
- Give you a chest X-ray or CT scan.



Possible Routes for Treatment in Severe Cases

Ventilators:

- This is used when you are struggling to breathe or get enough oxygen to your blood.
- The ventilator moves air in and out of your lungs.
- It may be fitted to you with a mask or helmet. You may need a breathing tube if the issue is more serious.

Corticosteroids

- These drugs are used to provide relief for inflamed, or swollen, areas of the body.
- The National Institute of Health (NIH) recommends using them only in severe cases, when the patient is using a ventilator.
- They could be given to you orally, or more likely through an IV, or tube.

Remdesivir:

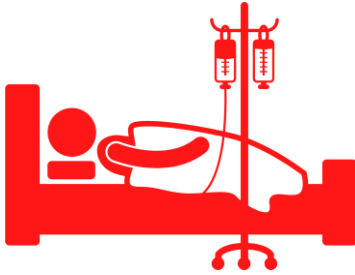
- This is an antiviral treatment, in limited supply, given to you through an IV.



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- The NIH recommends using Remdesivir when the patient needs supplemental oxygen, but not a high flow of oxygen nor if the patient is using a ventilator.

Convalescent Plasma:

- This is blood from people who have recovered from COVID-19, and have the antibodies (what the body uses to fight off infections) to the virus in their blood.
- It is given to boost your ability to fight the virus, from becoming more sick, or developing worse issues.
- A needle connected to an IV (tube) will be put into a vein in your arm. The plasma bag will be attached to the tube and drip into your blood, taking about 1-2 hours. You will be closely watched after the procedure for any problems.

Antithrombotic Therapy:

- Some severe cases of COVID-19 have led to blood clotting. Antithrombotic drugs, or tablets, simply stop your blood from clotting.

Drugs and Treatments Still being tested

If you are a clinician, you can check out these resources of medications that are still being checked for effectiveness and safety, and what situations to use them:

- FDA Combating COVID-19 with Therapeutics, <https://www.fda.gov/media/136832/download> and Medical Devices, <https://www.fda.gov/media/136702/download>.
- Massachusetts General Hospital is gathering resources for clinicians here: <https://www.massgeneral.org/news/coronavirus/treatment-guidance/inpatient-care-recommendations>.
- The National Institute of Health has created a COVID-19 Treatment Guide here: <https://www.covid19treatmentguidelines.nih.gov/>.

<https://www.nhlbi.nih.gov/health-topics/ventilatorventilator-support>

<https://www.mayoclinic.org/tests-procedures/convalescent-plasma-therapy/about/pac-20486440>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/therapeutic-options.html>

<https://www.covid19treatmentguidelines.nih.gov/>

[https://www.who.int/news-room/q-a-detail/q-a-dexamethasone-and-covid-](https://www.who.int/news-room/q-a-detail/q-a-dexamethasone-and-covid-19#:~:text=Dexamethasone%20is%20a%20corticosteroid%20used,benefits%20for%20critically%20ill%20patients)

[19#:~:text=Dexamethasone%20is%20a%20corticosteroid%20used,benefits%20for%20critically%20ill%20patients](https://www.who.int/news-room/q-a-detail/q-a-dexamethasone-and-covid-19#:~:text=Dexamethasone%20is%20a%20corticosteroid%20used,benefits%20for%20critically%20ill%20patients)

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