

COVID-19 CARE OPTIONS

The best defense against the COVID-19 virus is vaccination—even for those who have had the virus. However, there also are alternative care options available for those seeking to prevent COVID, for those who test positive for COVID, and for those who continue to feel the long-term effects of COVID illness. This does not include drugs, like the FDA-approved Remdesivir, that are administered once a COVID patient is admitted for in-hospital care. Please note that this information **IS NOT MEDICAL ADVICE**. Every person should visit with his or her medical provider before embarking on any new healthcare regimen, especially those who have preexisting medical conditions or who are currently taking any medications, including dietary supplements.

PHARMACEUTICAL MEDICATIONS

Description

Regeneron is a brand name for two monoclonal antibodies that are administered simultaneously through intravenous infusion. Experts say Regeneron is most effective at preventing severe symptoms of COVID-19 if people receive treatment within 10 days after testing positive for the virus.

Regeneron

Additional Information

Humboldt General Hospital offers a drive-thru Regeneron clinic. Call (775) 623-7923 to make an appointment or for more information. Patients must be 12 years or older and weigh at least 80 pounds to participate. The Regeneron drug is free but HGH does charge a fee to administer the treatment.

Corticosteroids

Corticosteroids may be used to treat people with COVID-19 because they counter hyper-inflammation. Moderate-certainty evidence suggests the drugs, especially Dexamethasone, may reduce mortality in people hospitalized with COVID-19.

Corticosteroids are recommended in certain people hospitalized with severe COVID-19. Currently, there is no evidence to suggest the drugs have a benefit in patients who do not need respiratory therapy. Available by prescription only.

Ivermectin

Ivermectin is an anti-parasitic drug used in both animals and humans. While the drug has been shown to inhibit the replication of SARS-CoV-2 in cell cultures, studies suggest that achieving antiviral efficacy would require doses up to 100-fold higher than those approved for use in humans.

Ivermectin is not approved by the FDA for the treatment of any viral infection, including COVID-19. Several groups, including Front Line COVID-19 Critical Care Alliance and America's Frontline Doctors, advocate for the use of the drug in treating the virus. Available by prescription only.

Hydroxychloroquine

Hydroxychloroquine is used to treat autoimmune disorders, like rheumatoid arthritis or lupus. It was first used to treat malaria. Early studies of the drug found it had some antiviral effect on cells infected with SARS-CoV-2; however, scientists have not been able to replicate the same results in humans.

Hydroxychloroquine is not approved by the FDA for the treatment of any viral infection, including COVID-19. Several groups, including Front Line COVID-19 Critical Care Alliance and America's Frontline Doctors, advocate for the use of the drug in treating the virus. Available by prescription only.

Antibiotics

Antibiotics are medications that help stop infections caused by bacteria. They do not treat viral infections like COVID-19, the common cold, influenza, most coughs, most sore throats and stomach bugs.

Antibiotics are not approved by the FDA to prevent or treat COVID-19. However, some patients may also develop a bacterial infection, such as pneumonia, which antibiotics can help treat. Available by prescription only.

NUTRACEUTICAL SUPPLEMENTS

Description

Vitamin C (ascorbic acid) is an antioxidant that helps the body form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to the body's healing process.

Vitamin C

Vitamin C has long been promoted as a key player in healthy immune function. It is available for sale over the counter.

Additional Information

Zinc

Zinc is an essential trace element found in red meat, poultry, and fish. It is necessary in small amounts for human health, growth and sense of taste. The body does not store excess zinc, so it must be obtained from the diet.

Zinc may have antiviral capabilities, whether by improving immune cell function that counters viral infections or by reducing the ability of viruses to multiply. It is available for sale over the counter.

Vitamin D

Vitamin D is an important nutrient that helps the body build and keep bones strong, among other benefits. Sunlight is the main source, but people can be deficient. Low levels could raise the risk of severe COVID if infected.

While vitamin D boosts the immune system and eases inflammation, experts say more research is needed on its antiviral properties. It is available for sale over the counter.

Melatonin

Melatonin is a hormone made by the pineal gland. It helps the body know when it's time to sleep and wake up. Normally, the body makes more melatonin at night. Melatonin supplements are available in natural and synthetic forms.

Preliminary research indicates melatonin may help prevent COVID-19 or aid in the treatment of COVID-19 due to its antioxidant and anti-inflammatory effects, but more research is needed. It is available for sale over the counter.

Quercetin

Quercetin is a plant pigment (flavonoid) found in plants and foods, such as red wine, onions, green tea, apples and berries. It may help protect against heart disease and cancer.

Quercetin has antioxidant and anti-inflammatory effects. It is available for sale as a supplement over the counter.

EGCG [Epigallocatechin Gallate]

Epigallocatechin Gallate (EGCG) is a plant-based antioxidant that may reduce inflammation and prevent certain chronic conditions, including heart disease, diabetes and some cancers.

EGCG has antiviral properties that fight inflammation. It is mostly found in tea, fruits and nuts, and is also available as an over-the-counter supplement, most commonly as an extract.

N-Acetylcysteine [NAC]

N-acetylcysteine (NAC) is most commonly used to treat conditions such as asthma and cystic fibrosis. As an inhalant, it helps thin mucus; it also reduces inflammation in the lungs.

The FDA considers it illegal for dietary supplements to contain N-acetylcysteine since it is technically an approved drug. Prescription products are available through a medical provider.

ADDITIONAL TREATMENT OPTIONS

- Pain relievers like acetaminophen (Tylenol), ibuprofen (Advil, Motrin) and naproxen (Aleve) may alleviate fever and body aches related to COVID-19.
- Over-the-counter nasal decongestants and throat lozenges may help with the symptoms of nasal congestion and sore throat.
- Rest and fluids are helpful in managing COVID symptoms. Those with worsening symptoms should call 9-1-1.

Humboldt General Hospital has a COVID-19 **medical provider** on staff who is available to meet with those seeking to prevent COVID, those who have tested positive for the virus, and those who continue to experience the lingering effects of COVID illness. **To make an appointment**, please call (775) 623-5222, ext. 1379. The clinic is located at 51 E. Haskell Street in the building adjacent to the drive-through COVID-19 screening clinic.

This information **DOES NOT** constitute medical advice. Consult with your medical provider regarding your care, including any medications and supplements.