**Management of mild COVID-19**

A guide for Primary Health Care

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### What is mild COVID-19 disease?

**MILD**
- If safe self-isolation is possible

**SEVERE**
- Deterioration in the ability to perform activities of daily living

**CRITICAL**
- Sepsis
- Septic Shock

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### Clinical signs & symptoms

**Patients at high risk for deterioration:**
- Diabetes Type 1 & 2
- Renal disease or failure
- Cardiac comorbidities
- Pulmonary comorbidities
- Patients over 65

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### What is mild COVID-19 disease?

<table>
<thead>
<tr>
<th>MILD</th>
<th>SEVERE</th>
<th>CRITICAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOME MANAGEMENT</td>
<td>HIGHER LEVEL OF CARE</td>
<td>MAY REQUIRE ICU</td>
</tr>
<tr>
<td>• SpO2 ≥95%</td>
<td>• Deterioration in the ability to perform activities of daily living</td>
<td>• Sepsis</td>
</tr>
<tr>
<td>• Respiratory rate: &lt;25</td>
<td></td>
<td>• Septic Shock</td>
</tr>
<tr>
<td>• HR: &lt;120</td>
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<td></td>
</tr>
<tr>
<td>• Temp: 36-39°C</td>
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<tr>
<td>• Mental status: normal</td>
<td></td>
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<tr>
<td>• Ability to walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Ability to talk in full sentences</td>
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</tbody>
</table>

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The patient’s Oxygen Saturation should be checked with a Pulse Oximeter before being sent home.

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### What does clinical monitoring involve?

- Checking, several times a day:
  - Respiratory rate and/or difficulty of breathing
  - Temperature
  - Pulse rate
  - Mental state
  - Pulse oximetry (if available at home) – check Sats ≥92.

- If not, refer to a higher level of care.

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### Treatment of mild COVID-19

- Symptomatic relief of fever or pain: use paracetamol in preference to nonsteroidal anti-inflammatory drugs.
- Advise the patient to rest and maintain adequate hydration.
- Do NOT give corticosteroids to patients with mild COVID-19 disease (unless they require them for a reason apart from COVID-19).
  - Steroids are only of benefit in patients with hypoxia, and may worsen outcomes in mild disease.
- When treating mild COVID-19, there is no clear evidence of the benefit of using: vitamins, zinc, aspirin, anticoagulants, Ivermectin or other medications.

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### Monitoring mild COVID-19 patients

**Why is it important to monitor a patient with mild COVID-19?**

- Patients with mild disease may worsen over the course of a week or more.

  - Ensure the patient continues to meet criteria for “mild” disease.
  - If not, refer to higher level of care.

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**Compiled by Dr Jeremy Nel on behalf of the COVID-19 Clinical Guidelines Committee**

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