



GOVERNMENT OF KARNATAKA

Karna No: HFW 132 ACS 2021

Karnataka Government Secretariat,
Vikasa Soudha,
Bengaluru, Dated: 1-05-2021

Circular

Subject: Revised treatment guidelines for asymptomatic and mild symptomatic COVID positive persons in home isolation/home Care and CCC

- Reference:**
1. Proceedings of the 100th Meeting of state Covid -19 Technical Advisory Committee held on 30th April-2021
 2. Guidelines for management of Covid-19 – A point of care approach, version 4.0 (POC), April, 2021, Government of Karnataka
 3. Clinical guidance for management of adult Covid-19 patients –AIIMS/ICMR-COVID-19 National Task force /Joint monitoring group (Dte.GHS) dated 22nd April, 2021
 4. Revised guidelines for Home Isolation of mild /asymptomatic COVID-19 cases, MoHFW-GOI dated 29th April 2021

In partial modification of the Guidelines for management of Covid-19 – A point of care approach, version 4.0 (POC), April, 2021, Government of Karnataka, regarding treatment for COVID-19 positive cases and based on the revised treatment protocol recommendations of MoHFW-GOI and AIIMS-ICMR, the RGUHS clinical committee for COVID-19, has recommended the following guidelines for the treatment of asymptomatic and mild symptomatic COVID positive persons in home isolation/home care and in COVID care centres (CCC).

Recommended Treatment Guidelines for COVID positive persons in Home isolation and COVID Care Centres		
Sl No.	Name of drug and adult dosage	Remarks
1	Tab. Ivermectin 12 mg 1-0-0 for 3 to 5 days or Tab. HCQ (400mg BD for 1-day f/b 400 mg OD for 4 days) unless contraindicated Or Tab. T.Favipiravir 1800 mg (200mg x9) BD on Day 1 f/b 800mg(200mg x4) BD For 6 days.	To be taken on empty stomach Not advised during pregnancy and in children below 2 years
2	Inhalational Budesonide	Given via metered dose inhaler /Dry powder inhaler; at a dose of 800 mcg BD for 5 days, if symptoms (fever and/or cough) are persistent beyond 5 days of disease onset
3	Tab Zinc 50 mg 0-1-0 for 7 days	----
4	Tab Vitamin C 500 mg 1-1-1 for 7 days	----
5	Tab Paracetamol 650 mg QD per day	For fever, if required
6	Tab Cetrizine 10 mg SOS	For running nose, if required
7	Tab Pantoprazole 40 mg SOS	On empty stomach, if required
8	Anti-tussive Cough Syrup SOS	For dry cough, if required

Note:

- All medications shall be taken under the prescription of treating physician/ medical officer only
- If fever is not controlled with a maximum dose of Tab. Paracetamol 650mg four times a day, consult the treating doctor who may consider advising other drugs like non-steroidal anti-inflammatory drug (NSAID) (ex: Tab. Naproxen 250 mg twice a day).
- Systemic oral steroids are not indicated in mild disease. If symptoms persist beyond 7 days (persistent fever, worsening cough, etc.) consult the treating doctor for treatment with low dose oral steroids.
- Patients may perform warm water gargles or take steam inhalation twice a day

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- Other medications are applicable as prescribed by treating physician/doctor based on symptoms on case to case basis
- Paediatric dosages as per body weight shall be applicable
- All persons to continue their regular medications for the pre-existing comorbid conditions like Hypertension, Diabetes Mellitus, Hypothyroidism, etc.
- The decision to administer Remdesivir or any other investigational therapy must be taken by a medical professional and administered only in a hospital setting. Do not attempt to procure or administer Remdesivir at home.

(Jawaid Akhtar)

Additional Chief Secretary to Government
Health and Family Welfare Department

Jawaid 1/5/21
(Jawaid Akhtar)

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Health and Family Welfare Department

Copy to:

1. The Chief Commissioner, BBMP
2. The Commissioner, Department of Health and Family Welfare, Bangalore.
3. The Mission Director, NHM Bangalore
4. The Special Commissioner, BBMP.
5. All the Deputy Commissioners in the State of Karnataka.
6. All the Superintendents of police in the State of Karnataka
7. The Director, Department of Health and Family Welfare, Bangalore.
8. The Director, Department of Medical Education, Bangalore.
9. All Divisional / Joint Directors, Health and Family Welfare Department.
10. The Chief Health Officer, BBMP.
11. All the District Health Officers / District Surgeons / Administrative Medical Officers and Taluk Medical Officers and Medical Superintendents of all General Hospitals in Karnataka.

Copy for Kind Information to;

1. Chief Secretary, Government of Karnataka, Vidan Soudha, Bengaluru.
2. PS to Health and Medical Education Minister, Vidhan Soudha, Bengaluru.
3. Principal Secretary Department of Medical Education, Bengaluru.