

Self-management advice for clinicians to give to patients

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- Advice regarding proactive care of comorbidities
- Review medication
 - Anything that needs changing or suspending fever & possible dehydration?
 - Continue ACE inhibitors & ARBs
 - Continue ongoing NSAIDs
- Clear advice regarding signs of deterioration to watch out for
- Clear advice on what to do if they note any of the above signs of deterioration or after 7 days not improving
 - Online 111
 - Call 111
 - Call GP
 - Call 999
- Direct to online resources
 - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
 - <https://www.gov.uk/coronavirus>
- Confirm need to self-isolate for 7 days & household members for 14 days (or 7 days from when they develop symptoms themselves)
- Discuss prognosis – fever should be gone at 7 days but cough can persist for several weeks
- 4 out of 5 patients will have a relatively mild form
- Advise fluids & paracetamol but some anecdotal reports suggest ibuprofen may not be safe