

Symptom control for patients with known or suspected COVID

Symptom	Try First	Alternatives	Other factors
Breathlessness	If younger or no renal impairment: Oramorph 2.5 – 5mg PO 2 - 4 hourly OR Morphine injection 1.25 -2.5mg S.2 – 4 hourly CSCI start morphine injection 10mg/24 hours	If elderly or risk of renal impairment: Oxycodone 1 – 2mg PO 2- 4 hourly OR Oxycodone injection 1mg S/C 2 – 4 hourly CSCI oxycodone injection 10mg/24 hours	Use Oxygen in hypoxia If associated anxiety Lorazepam 0.5 – 1mg S/L 2 – 4 hourly, max 4mg/24 hours (will not relieve breathlessness)
Cough	Codeine Linctus 30-60mg 4 – 6 hourly	Morphine or Oxycodone as for breathlessness	
Pain	If younger or no renal impairment: Oramorph 5 – 10mg PO 2 – 4 hourly OR Morphine injection 2.5 – 5mg S/C 2 – 4 hourly CSCI morphine injection 10mg/24 hours	If elderly or risk of renal impairment: Oxycodone 2.5 - 5mg PO 2- 4 hourly OR Oxycodone injection 2.5 -5mg S/C 2 – 4 hourly CSCI oxycodone injection 10mg/24 hours	
Fever	Paracetamol 1g 4 hourly PO	NSAIDs – if felt unlikely to recover from COVID for symptom control measures only	
Confusion /delirium May be severe in COVID patients and require high doses of antipsychotic plus benzodiazepine to control	Haloperidol 2.5 - 5mg 4 hourly (lower dose in elderly) CSCI haloperidol 5mg/24 hours +/- midazolam 10 – 30mg/24 hours if needed	Levomepromazine 12.5 mg PO or S/C 4 hourly (lower dose in elderly) CSCI levomepromazine 12.5 - 25mg/24 hours +/- midazolam 10 – 30mg/24 hours if needed	Stop all unnecessary drugs Oxygen if available Maintain hydration Catheter needed for retention? Reduce stimuli eg light, noise
Anxiety For simple anxiety without signs of delirium	Lorazepam 0.5 – 1mg S/L 2 – 4 hourly, max 4mg/24 hours	Midazolam 2.5 – 5mg S/C 2 – 4 hourly CSCI midazolam 10mg/24 hours	
Respiratory secretions	Glycopyrronium 200 – 400mcg S/C 4 hourly CSCI glycopyrronium 600-1200mg/24 hours	Hyoscine hydrobromide 20mg S/C 4 hourly CSCI hyoscine hydrobromide 120mg/24 hours	Reposition patient Reassure relatives
Nausea and vomiting	Cyclizine 25 – 50mg PO or S/C 8 hourly CSCI cyclizine 100 – 150mg/24 hours	Haloperidol 1mg S/C 4 hourly CSCI haloperidol 2.5-5mg/24 hours	