

READY RECKONER – COVID 19

COVID Symptoms



Consistent Fever



Dry Cough, Sore throat



Loss of taste, smell



Diarrhoea



Headache, Body Pain



Loss of breath, lower SPO2



Skin Rashes, Sore Red eyes

Notes

1. It takes approximately 14 days treatment on COVID, so employees need to have patience.
2. Once symptoms are seen, all in the family should start basic medication immediately without wasting time (> 2 years).
3. Monitoring of SPO2 every 5+ hours is critical and urgent action required for those below 92.
4. Most of the city hospital beds, oxygen are in scarcity, hence tight monitoring and coordinated actions are required.
5. CT scan and specific blood tests advised by doctor are mandatory for those tested positive for COVID based on case to case basis.

Action to be taken IMMEDIATELY as prescribed by Dr. Darrell Demello

Regular COVID Symptoms SPO2 > 95



For SPO2 < 95

Tablets	Dosage
Tab Goutnil/Zycolchin 0.5 mg (after food)	1-0-1 * 30 days
Tab Ivermectin 12 mg to be taken on an empty stomach @7am no coffee/tea/breakfast till 9am. 2nd dose @7pm no food/coffee/tea from 5 pm - 9pm*)	1-0-1 * 2 days
Povidone Iodine	Gargle 3 times a day
Tab Deplatt 75 mg (Anticlotting drug)	1-0-0 * 15 days
Tab Intagesic MR Bodypain/headache/pain)	1-0-1 * 10 days
Tab Cetrizine 10 mg (Cough/throat irritation/sore throat/running nose)	1-0-1 *10 days
Budecort inhaler 200 mg (throat pain & cough)	1-2 Puffs 3 times a day 5 days
Tab Dolo 650 (Only If Fever 100+)	1 (every 6 hours)
Tab Imodium/Roko/Loperamide + Electral powder (Loose Motion)	1-1-1 * 2 days
Tab Stemetil MD (Vomiting, Nausea)	1 before each meal * 2-3 days
Any alternate brands with same composition is acceptable	

Medicines mentioned on left + Enoxaparin Injection 60 mg, based on Doctor's advise

Things that are a MUST

Breathing and Proning exercise, multiple times a for 5 to 30 mins each

3 litre water intake

Electral, Coconut water

Steam inhalation

Take a bath if Temp is high along with medicine.

Cough Syrup, Only when cough / Multi-vitamin, Vit-C, Zinc, Calcium/Vitamin D Sachet

Critical comorbidity (Doc advise is a MUST and probably hospitalization)



1. Kidney
2. Lungs
3. Heart
4. Pregnancy



Children from 3 to 12 years

Only if somebody is infected in family or symptoms seen

1. Ivermectin 12 mg, half tablet for one each day for 2 days, No food before and after for 1 hour.
2. Goutnil 0.5 mg, every day 1 tablet for 5 days.