

For patients being monitored/managed by their PCP, LUC3's recommendations to be considered:

- Tylenol and Ibuprofen are safe options for treating headaches, fever, and body pain.
- Saline nasal rinses can reduce the duration of headaches and sinus congestion.
- Ondansetron can reduce COVID-associated nausea.
- Loperamide can reduce COVID-associated diarrhea.
- Salty soups/Gatorade/smoothies encouraged for anorexia.
- Fatigue may resolve slowly, sometimes taking several months. Avoid rigorous exercise for 2 months after symptoms resolved; graded return to regular activity advised.
- If your patient is experiencing respiratory symptoms:
 - Consider referring them to South West Home and Community Care Support Services to provide oximetry and monitoring through community Remote Care Monitoring:
<http://healthcareathome.ca/southwest/en/Partners/remotecaremonitoring>
 - Consider ordering a pulse oximeter for your patients: <https://survey.alchemer.com/s3/6240240/O2-Saturation-Monitor-Survey> and direct them to present to ER if <92%; OR
- Codeine-containing over-the-counter cough syrup can be helpful for cough.
- Ontario Science Table is providing up-to-date recommendations regarding pharmacotherapies patients based on severity of illness; please refer to their dashboard for recommendations (e.g. use of Budesonide and Fluvoxamine for low risk patients) https://covid19-scientifictable.ca/wp-content/uploads/2021/12/Clinical-Practice-Guidelines_Update_20211222.pdf.
- Antiviral medications (Molnupiravir and Paxlovid) are **not** yet approval by Health Canada.
- Instruct your patients to call 911 if they have any of the following symptoms:
 - Loss-of-consciousness or new confusion New, severe dyspnea
 - New weakness New chest pain
 - Intractable nausea, vomiting, or diarrhea
- Patient isolation period should follow the most up-to-date guidelines from the Public Health Unit; please refer to their website <https://www.healthunit.com/self-isolation>.

** Currently LUC3 continues to receive referrals from LHSC emergency departments and post-discharge from an LHSC inpatient unit. LUC3 and LHSC are continuing to work closely with South West Home and Community Care Support Services (HCCSS) to develop triage pathways for acutely ill patients or those who may qualify for outpatient biologic therapy.**