Clinical Management Summary

Last Updated: April 8, 2022

Two main processes are thought to drive the pathogenesis of COVID-19. Early in the clinical course, the disease is primarily driven by the replication of SARS-CoV-2. Later in the clinical course, the disease appears to be driven by a dysregulated immune/inflammatory response to SARS-CoV-2 that leads to tissue damage. Based on this understanding, it is anticipated that therapies that directly target SARS-CoV-2 would have the greatest effect early in the course of the disease, while immunosuppressive/anti-inflammatory therapies are likely to be more beneficial in the later stages of COVID-19.

The clinical spectrum of SARS-CoV-2 infection includes asymptomatic or presymptomatic infection and mild, moderate, severe, and critical illness. Figure 1 provides guidance for clinicians on the therapeutic management of nonhospitalized adult patients. This includes patients who do not require hospitalization or supplemental oxygen and those who have been discharged from an emergency department or a hospital. Figure 2 provides guidance on the therapeutic management of hospitalized adult patients according to their disease severity and oxygen requirements. Figure 3 provides guidance on the therapeutic management of pediatric patients with multisystem inflammatory syndrome in children (MIS-C).
### Figure 1. Therapeutic Management of Nonhospitalized Adults With COVID-19

<table>
<thead>
<tr>
<th>PATIENT DISPOSITION</th>
<th>PANEL’S RECOMMENDATIONS</th>
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<tbody>
<tr>
<td>Does Not Require Hospitalization or Supplemental Oxygen</td>
<td>All patients should be offered symptomatic management (AIII). For patients who are at high risk of progressing to severe COVID-19, a use 1 of the following treatment options: <strong>Preferred Therapies</strong> Listed in order of preference: • Ritonavir-boosted nirmatrelvir (Paxlovid)(^b) (Alla) • Remdesivir(^c) (BlIIa) <strong>Alternative Therapies</strong> For use ONLY when neither of the preferred therapies are available, feasible to use, or clinically appropriate. Listed in alphabetical order: • Bebetelovimab(^d) (CIII) • Molnupiravir(^d) (CIIa) The Panel recommends against the use of dexamethasone(^e) or other systemic corticosteroids in the absence of another indication (AllI).</td>
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<tr>
<td>Discharged From Hospital Inpatient Setting in Stable Condition and Does Not Require Supplemental Oxygen</td>
<td>The Panel recommends against continuing the use of remdesivir (Alla), dexamethasone(^e) (Alla), or baricitinib (Alla) after hospital discharge.</td>
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<tr>
<td>Discharged From Hospital Inpatient Setting and Requires Supplemental Oxygen</td>
<td>There is insufficient evidence to recommend either for or against the continued use of remdesivir or dexamethasone.</td>
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<td>Discharged From ED Despite New or Increasing Need for Supplemental Oxygen</td>
<td>The Panel recommends using dexamethasone 6 mg PO once daily for the duration of supplemental oxygen (dexamethasone use should not exceed 10 days) with careful monitoring for AEs (BlII). Since remdesivir is recommended for patients with similar oxygen needs who are hospitalized, clinicians may consider using it in this setting. As remdesivir requires IV infusions for up to 5 consecutive days, there may be logistical constraints to administering remdesivir in the outpatient setting.</td>
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**Rating of Recommendations:** A = Strong; B = Moderate; C = Weak

**Rating of Evidence:** I = One or more randomized trials without major limitations; IIa = Other randomized trials or subgroup analyses of randomized trials; IIb = Nonrandomized trials or observational cohort studies; III = Expert opinion

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\(^a\) For a list of risk factors, see the CDC webpage [Underlying Medical Conditions Associated With Higher Risk for Severe COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-covid-19/from-healthcare-professionals/complications.html) and the Patient Prioritization for Treatment section in [Therapeutic Management of Nonhospitalized Adults With COVID-19](https://www.covid19treatmentguidelines.nih.gov/).

\(^b\) Ritonavir-boosted nirmatrelvir has significant drug-drug interactions. Clinicians should carefully review a patient’s concomitant medications and evaluate potential drug-drug interactions.

\(^c\) If a patient requires hospitalization after starting treatment, the full treatment course can be completed at the health care provider’s discretion.

\(^d\) Administration of remdesivir requires 3 consecutive days of IV infusion.

\(^e\) Bebetelovimab is active in vitro against all circulating Omicron subvariants, but there are no clinical efficacy data from placebo-controlled trials that evaluated the use of bebetelovimab in patients who are at high risk of progressing to severe COVID-19. Therefore, bebetelovimab should be used only when the preferred treatment options are not available, feasible to use, or clinically appropriate.
Molnupiravir has lower efficacy than the preferred treatment options. Therefore, it should be used only when the preferred options are not available, feasible to use, or clinically appropriate.

There is currently a lack of safety and efficacy data on the use of this agent in outpatients with COVID-19; using systemic glucocorticoids in this setting may cause harm.

These individuals should receive oximetry monitoring and close follow-up through telehealth, visiting nurse services, or in-person visits.

Provide an advanced level of home care, including supplemental oxygen (whether patients are receiving oxygen for the first time or are increasing their baseline oxygen requirements), pulse oximetry, laboratory monitoring, and close follow-up through telehealth, visiting nurse services, or in-person visits.

See Therapeutic Management of Hospitalized Adults With COVID-19.

Key: AE = adverse event; CDC = Centers for Disease Control and Prevention; ED = emergency department; IV = intravenous; the Panel = the COVID-19 Treatment Guidelines Panel; PO = orally
Corticosteroids that are prescribed for an underlying condition should be continued.

If the patient progresses to requiring high-flow oxygen, NIV, MV, or ECMO, complete the full course of remdesivir (refer to Table A).

Evidence suggests that the benefit of remdesivir is greatest when the drug is given early in the course of COVID-19 (e.g., within 10 days of symptom onset). Clinical trials have not demonstrated a mortality benefit for remdesivir, but a large, placebo-controlled trial showed that the use of remdesivir reduced time to clinical recovery in hospitalized patients. See Rationale for the Use of Remdesivir below.

Drugs are listed alphabetically. There are no studies that directly compare the use of baricitinib and tocilizumab, and there is insufficient evidence to recommend a drug or class of drug (i.e., JAK inhibitors, anti-IL-6 receptor mAbs) over the other. Treatment decisions should be based on local guidance, drug availability, and patient comorbidities.

If baricitinib and IV tocilizumab are not available or not feasible to use, tofacitinib can be used instead of baricitinib (BIIa) and IV sarilumab can be used instead of IV tocilizumab (BIIa).

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Initial treatment for MIS-C includes both immunomodulatory and antithrombotic therapy.

Initial Immunomodulatory Therapy:
- IVIG 2 g/kg IBW/dose (up to a maximum total dose of 100 g)* IV plus low-to-moderate dose methylprednisolone (1–2 mg/kg/day) IV or another glucocorticoid at an equivalent dose* (AIIb).
- The Panel recommends against the routine use of IVIG monotherapy for the treatment of MIS-C unless glucocorticoid use is contraindicated (AIIb).

Intensification Immunomodulatory Therapy:
- For children with refractory MIS-C who do not improve within 24 hours of initial immunomodulatory therapy, start 1 of the following (listed in alphabetical order) (AIII):
  - High-dose anakinra 5–10 mg/kg IV or SUBQ daily (BIIb), or
  - Higher-dose glucocorticoid (e.g., methylprednisolone 10–30 mg/kg/day IV or equivalent glucocorticoid) (BIIb), or
  - Infliximab 5–10 mg/kg IV for 1 dose (BIIb).

Antithrombotic Therapy:
- Low-dose aspirin (3–5 mg/kg/day, up to maximum daily dose of 81 mg) PO for all patients without risk factors for bleeding (AII), AND
- Anticoagulation for patients who fall under 1 of the following clinical scenarios:
  - Therapeutic anticoagulation for patients with large CAAs according to the American Heart Association guidelines for Kawasaki disease (AIII).
  - Therapeutic anticoagulation for patients with moderate to severe LV dysfunction who have no risk factors for bleeding (AIII).
  - For patients with MIS-C who do not have large CAAs or moderate to severe LV dysfunction, consider prophylactic or therapeutic anticoagulation on an individual basis, taking into consideration risk factors for thrombosis. See below for additional information.

Rating of Recommendations: A = Strong; B = Moderate; C = Weak
Rating of Evidence: I = One or more randomized trials without major limitations; IIa = Other randomized trials or subgroup analyses of randomized trials; IIb = Nonrandomized trials or observational cohort studies; III = Expert opinion

*a Duration of therapy may vary. For more information, see Therapeutic Management of Hospitalized Pediatric Patients With Multisystem Inflammatory Syndrome in Children (MIS-C) (With Discussion on Multisystem Inflammatory Syndrome in Adults [MIS-A]).

*b In certain patients with severe illness, intensification therapy may include dual therapy with higher-dose glucocorticoids and infliximab or anakinra. Anakinra and infliximab should not be given in combination.

*c Infliximab should not be used in patients with macrophage activation syndrome.

Key: CAA = coronary artery aneurysm; IBW = ideal body weight; IV = intravenous; IVIG = intravenous immunoglobulin; LV = left ventricular; MIS-C = multisystem inflammatory syndrome in children; PO = oral; SUBQ = subcutaneously