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SUWASIRIPAYA

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சுகாதாரம் மற்றும் சுதேசவைத்திய அமைச்சு
Ministry of Health & Indigenous Medical Services

Recommendations on Specific treatment for COVID 19: (25 March 2020)

The COVID-19 Clinical Management Expert Committee, appointed by the Ministry of Health has given the following recommendations to be implemented.

Prophylaxis:

Chemoprophylaxis is not recommended at present as currently there is no evidence of benefit. We strongly recommend 14 day quarantine for those who have a significant exposure.

Treatment:

- Treatment is indicated for all patients with PCR- confirmed COVID-19 (age 18 years and above) regardless of the severity.
- Following drugs are recommended in the absence of contraindications

Chloroquine (CQ) - 500 mg twice daily 10 days

or

Hydroxychloroquine (HCQ) - 200 mg twice daily 10 days

In those with contraindications for either CQ or HCQ consider therapy with Azithromycin 500 mg once daily for 5 days, only in the presence of pneumonia.

CQ/HCQ are not contraindicated in pregnancy and lactation

- Treatment with CQ/HCQ is not advocated for;
 - a. those suspected with COVID 19
 - b. those awaiting confirmation of COVID 19
 - c. those negative for COVID 19 -PCR

Treatment is not recommend for those aged less than 18 years, as the existing data is limited, and the disease severity is low.

Treatment with ACE inhibitors and ARBs

There is currently no evidence for discontinuation of ACE inhibitors and ARB in those with confirmed COVID 19.

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CC Secretary of Health	Director (MS)
DDG (MS)	Chief Epidemiologist
DDG (LS)	All PDHS/RDHS
DDG (PHS) I & II	All Heads of Hospitals