March 17, 2020

Clinical Guidance for Management of Patients with Confirmed COVID-19

Interim clinical guidance for the management of patients with confirmed COVID-19 (based on current information) is available at the CDC and WHO websites:


We urge you to familiarize yourself with this information as you will likely care for a confirmed COVID-19 patient. A few highlights are included below:

- Incubation Period of SARS-CoV-2: median range of 4 days (IQR of 2 to 7 days) with a maximum of 14 days.
- Most common symptoms at presentation: fever, cough, myalgia, fatigue, shortness of breath.
- Risk factors for severe illness include older patients (usually 65 or greater) and those with chronic medical conditions such as cardiovascular disease, diabetes, chronic respiratory disease, hypertension, and malignancy.
- Illness can range from asymptomatic to mild URI symptoms to severe illness requiring mechanical ventilation, and sometimes death.
- Mild disease can sometimes be managed at home but this is at the discretion of the healthcare personnel evaluating patient.
  - Disease may worsen in the second week after infection.
  - Older patients and those with chronic medical conditions, as stated above, are at higher risk for progression of disease.
- **Corticosteroids should be avoided as they can prolong viral replication.**

Finally, we would also like to reiterate the importance of rapid implementation of your facility’s infection control and prevention measures.

Updates will be provided as more information and guidance becomes available.