Did you test positive for COVID-19?

Beth Israel Lahey Health

Understand Your COVID-19 Treatment Options

Know your treatment options

Ask your health care provider if you are eligible to receive a treatment for COVID-19. There are now several potential treatments authorized for people who are experiencing mild to moderate symptoms of COVID-19 and are at high risk of developing severe illness or being hospitalized. Only high-risk groups have been authorized for treatment at this time.

Who is considered to be at high risk of severe infection?

Your health care providers can help you determine if you are high risk. Common reasons for being high risk include ANY of the following:

- Older age (≥65 years)
- Obesity or being overweight (BMI >25 kg/m2)
- Pregnancy
- Chronic Kidney Disease
- Diabetes
- Immunosuppressive disease or immunosuppressive treatment
- Cardiovascular disease or high blood pressure
- Chronic lung disease (for example asthma or COPD)
- Sickle cell disease

What treatment options are available?

Paxlovid (nirmatrelvir with ritonavir) oral tablets taken for 5 days within 5 days of symptom onset (under emergency use authorization)

Remdesivir an intravenous infusion taken for 3 consecutive days within 7 days of symptom onset. This is the only FDA approved treatment.

Bebtelovimab a monoclonal antibody given intravenously once within 7 days of symptom onset (under emergency use authorization)

Your health care provider can review the risks and benefits of each treatment option and determine whether you are a candidate.

If you think you may qualify for COVID-19 treatment, contact your healthcare provider to discuss a referral

If you have symptoms and a positive COVID-19 test and think you may be eligible for treatment, contact your healthcare provider right away to discuss a referral. Please note that these treatments are not available at our urgent care locations or emergency departments. If you are eligible, your health care provider will refer you to a designated clinic or for a potential oral treatment.

Isolate from others

If you test positive for COVID-19, you are required to self-isolate for at least the first 5 days – whether you are vaccinated or not. You should not leave your home, except to get medical care. You should always wear a mask around others for 10 days (including those in your household). You should avoid people who are at high risk of severe disease for 10 days.

Please see the MA Department of Public Health Guidance for Isolation and Quarantine at https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-guidance-for-the-general-public

Seek medical care if your condition worsens

If you have severe symptoms, go to the emergency department.

This includes symptoms such as:

- Severe trouble breathing
- Persistent pain or pressure in the chest
- New confusion or dizziness
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

If you cannot get to the emergency department, call 9-1-1.

For more information:

Call your health care provider for a referral, or visit mass.gov/covid-19 or combatCOVID.hhs.gov.

04/2022 40410