

## Outpatient Treatments for COVID-19

### What is COVID-19 (Coronavirus)?

COVID-19 is the name of the infection caused by the SARS-CoV-2 coronavirus. Coronavirus causes illnesses that affect your lungs making it hard to breathe. Some of these viruses spread easily from person to person.

Current symptoms reported for people with COVID-19 have included:

- fever
- cough
- trouble breathing or shortness of breath
- other symptoms include muscle aches, headache, sore throat, diarrhea, or loss of taste or smell.

Symptoms range from mild to severe.

## Kev Kho Tus Kab Mob COVID-19 rau Neeg Mob Uas Tsis Pw Hauv Tsev Kho Mob

### Kab mob COVID-19 (Coronavirus) yog dab tsi?

Tus kab mob COVID-19 yog lub npe ntawm tus kab mob uas muaj vim yog tus kab mob coronavirus SARS-CoV-2. Tus kab mob Coronavirus no uas kom muaj tej kab mob uas raug rau yus ob lub ntsws es ua rau yus ua pa tsis taus zoo. Ib txhia ntawm tej kab mob zoo li no kis tau yooj yim ib leeg rau ib leeg.

Tej yam qhia tias yus raug tus kab mob COVID-19 muaj raws li nram qab no:

- kub taub hau
- hnoos
- ua pa tsis taus zoo los sis txog txog siav
- lwm yam qhia tias yus muaj tus kab mob no muaj kev mob nqaij ntshiv, dias taub hau, mob qa, zawv plab, los yog hnov ntxhiab tsis tau thiab saj qab tsis tau.

Tej yam qhia tias muaj mob no kuj me me los yog sab heev nyob ntawm tus raug mob.

## What are the Current Outpatient Treatments for COVID-19?

There are currently two types of treatments available for mild to moderate symptoms:

- monoclonal antibody infusion therapy
- oral antivirals.

## What are Monoclonal Antibodies?

Antibodies are proteins that your body makes to help fight off an illness. They can also provide immunity (protection from disease). Monoclonal antibodies are made in a lab and are similar to the antibodies your body makes.

## What is Monoclonal Antibody Infusion Therapy?

Monoclonal antibody infusion therapy is used to treat a person who has COVID-19. The medicine used is called bebtelovimab.

Bebtelovimab is an “investigational” medicine. This means it is still being studied and not all of the risks are known at this time. Early research has shown that this medicine is safe and can reduce your risk of being admitted to the hospital.

The U.S. Food and Drug Administration (FDA) approved bebtelovimab for emergency use. This means it has met certain criteria (safety, performance and labeling) to be used when there are no other medicines available.

## Kev Kho Tus Kab Mob COVID-19 rau Neeg Mob Uas Tsis Pw Hauv Tsev Kho Mob Yog Dab Tsi Tam Sim No?

Rau cov tsos mob tsis heev, tam sim no muaj ob txoj kev kho mob:

- tshuaj uas txhawb rau lub cev kom tawm tsam kab mob
- tshuaj noj tua mob.

## Cov Roj Ntshav Tiv Thaiv Kab Mob Monoclonal yog dab tsi?

Cov noob tawm tsam yog ib co protein uas koj lub cev tsim kom pab tawm tsam kab mob. Cov no kuj yuav tiv thaiv koj ntawm kab mob. Cov noob tawm tsam monoclonal no los tsim ua rau hauv ib qho chaw tshawb nrhiav thiab khws cov noob tawm tsam ua koj lub cev tsim.

## Kev Kho uas Ntxiv Khoom Monoclonal hauv Ntshav Pab Tiv Thaiv Kab Mob yog dab tsi?

Kev kho uas ntxiv khoom monoclonal hauv ntshav pab tiv thaiv kab mob yog siv kom pab kho ib tug neeg uas raug tus kab mob COVID-19. Hom tshuaj no muab hu ua bebtelovimab.

Bebtelovimab yog ib hom tshuaj “tseem tshawb fawb txog.” Qhov no txhais tias nws tab tom raug kawm ces tseem paub tsis tas cov kev uas yuav tsis zoo rau lub sij hawm no. Kev kawm thaum hauv paus mas pom tias hom tshuaj no txo qis tau qhov uas yus yuav tau mus pws tom tsev kho mob.

Teb Chaws Mes Kas Lub Chaw Hauj Lwm Tswj Xyuas Khoom Noj Khoom Haus thiab Tshuaj (Food and Drug Administration, FDA) pom zoo siv tshuaj bebtelovimab vim muaj xwm txheej ceev. Nov txhais tias twb pom zoo vim hom tshuaj no raws cai (ntawm kev nyab xeeb, kev raug thiab lub npe) es thiaj siv tau thaum twg tsis muaj lwm hom tshuaj siv.

## How is Monoclonal Antibody Infusion Therapy Given?

This treatment is given by infusion therapy. You receive the medicine through an intravenous (IV) catheter (thin tube) inserted into a vein in your arm.

The injection takes about 1 minute to be given. You will then be watched closely for any side effects for 1 hour.

## Who Can Have Monoclonal Antibody Infusion Therapy Treatment?

This treatment is only for people at increased risk of serious illness due to their age or health history. People with certain risk factors can have a more severe case of COVID-19.

To have this treatment, you need to:

- have tested positive for COVID-19
- have at least one risk factor for severe COVID-19
- have mild or moderate symptoms and do not need oxygen
- not be in the hospital
- have the infusion within 7 days of when your symptoms start
- be age 12 or older
- weigh at least 88 pounds.

If you are pregnant or breastfeeding, please talk with your health care provider about if this treatment is right for you.

Sotrovimab is currently in short supply. At this time, only people at an increased risk of serious illness from COVID-19 will be able to receive this treatment.

## Yuav Txhaj Cov Tshuaj Txhawb Lub Cev Kom Tawm Tsam Kab Mob Li Cas?

Kev kho mob yog muab rau tus neeg mob siv kev tso tshuaj. Koj yuav tau txais cov tshuaj raws koob (IV) ntawm txoj xaim catheter (txoj hlab yaas me me) ntxig raws koj txoj leeg ntshav ntawm koj txhais npab.

Kev txhaj tshuaj yuav kav ntev li 1 feeb kom thiaj txhaj tas. Tom qab ntawd yuav soj ntsuam koj tau 1 teev seb puas muaj tsos mob dab tsi.

## Leej Twg Txais Tau Tshuaj Txhawb Lub Cev Kom Tawm Tsam Kab Mob?

Qhov kev kho mob no tsuas yog rau cov neeg uas raug tau kab mob heev yooj yim vim yog lawv laus laus lawm los yog muaj keeb kwm muaj mob ntau heev. Cov neeg uas muaj tej yam yuav tshwm sim phem li no raug tau kab mob COVID-19 sab heev.

Kom thiaj txais tau kev kho mob no, koj yuav tsum:

- tau sim tseeb hais tias koj raug tus kab mob COVID-19
- tau muaj ib yam yuav tshwm sim phem tias yuav raug kab mob COVID-19 sab heev
- muaj tsos mob me me los yog ntau tsawv thiab tsis tas siv pa aus-xij
- tsis pw tsev kho mob
- txais qhov kev tso tshuaj no nyob hauv 7 hnuv txij thaum koj pib muaj tej yam qhia tias koj muaj mob
- muaj hnuv nyoog 12 xyoos rov saud
- qhov hnyav yam tshawg kawg nkaus 88 phaus.

Yog koj suab me nyuam los sis tab tom pub mis noj, thov nrog koj tus kws kho mob tham ua ntej yuav siv hom tshuaj no.

Tam sim no tsis muaj ntau tshuaj sotrovimab. Tam sim no, tsuas pub neeg uas muaj kev pheet hmoo raug mob heev ntawm tus kab mob COVID-19 thiaj txais tau hom kev kho mob no.

## How Do You Get Monoclonal Antibody Infusion Therapy Treatment?

Schedule a virtual or in-person visit with your primary care provider as soon as you have any symptoms to determine if you are eligible for this treatment.

If you are eligible, your primary care provider will add your information to the contact list to receive this treatment. You will receive a phone call if there is a dose available for you.

If Allina Health has not called you within 2 business days of being added to the list, you will not receive this treatment at Allina Health.

## What Oral Antiviral Treatments are Available?

Oral antivirals (medicines taken by mouth) are used to treat a person who has COVID-19. Two oral antivirals are currently available:

- Paxlovid™ (nirmatrelvir/ritonavir)
- molnupiravir.

## Are Oral Antivirals Effective Against the Omicron Variant?

Oral antivirals are believed to be effective against the Omicron variant.

## Kuv Yuav Txais Cov Tshuaj uas Txhawb Lub Cev Kom Tawm Tsam Kab Mob Li Cas?

Teem caij nrog koj tus kws kho mob, tsis hais dhau lub koos pis tawj los yog tim ntsej tim muag los xij, thaum koj xub pib raug tsos mob seb koj puas tsim nyog txais kev kho mob no.

Yog koj tsim nyog no, koj tus kws kho mob yuav ntxiv koj cov ntaub ntawv rau daim ntawv tiv tauj mus rau kom thiaj txais kev kho mob no. Yuav muaj leej twg hu tuaj rau koj thaum muaj ib koob tshuaj rau koj.

Yog hais tias Allina Health tsis tau hu tuaj rau koj ua ntej dhau 2 hnuv ua hauj lwj twg thaum ntxiv koj cov ntaub ntawv rau daim ntawv tiv tauj, ces koj yuav tsis txais kev kho mob no tom Allina Health.

## Muaj Tshuaj Noj Tiv Thaiv Kab Mob Dab Tsi?

Tshuaj noj uas tua kab mob los siv kom kho ib tug neeg twg uas raug tus kab mob COVID-19. Muaj ob lub tshuaj noj uas siv tau tam sim no:

- Paxlovid™ (nirmatrelvir/ritonavir)
- molnupiravir.

## Cov Tshuaj Noj Puas Raug Hom Kab Mob Omicron?

Tib neeg ntseeg hais tias cov tshuaj noj no yeej raug hom kab mob Omicron.

## Who Can Have Oral Antivirals?

To have this treatment, you need to:

- have tested positive for COVID-19
- have at least one risk factor for severe COVID-19
- have mild or moderate symptoms and do not need oxygen
- not be in the hospital
- have the treatment within 5 days of when your symptoms start
- be age 18 and older for molnupiravir or age 12 and older and weigh at least 88 pounds for Paxlovid.

If you are pregnant or breastfeeding, please talk with your health care provider about if this treatment is right for you.

## How Do You Get Oral Antivirals?

You should take an at-home COVID-19 diagnostic test as soon as you have any symptoms.

If you test positive for COVID-19, schedule a virtual or in-person visit with your primary care provider to determine if you are eligible for this treatment.

**Please note:** You may also need additional lab tests before having this treatment.

## Leej Twg Siv Tau Tshuaj Noj?

Kom siv cov tshuaj no, koj yuav tsum:

- muaj puav pheej tias koj raug tus kab mob COVID-19
- muaj ib txoj kev pheej hmoo raug mob hnyav ntawm tus kab mob COVID-19
- muaj tsos mob me me los yog ntau tsawv thiab tsis tas siv pa aus-xij
- tsis nyob hauv tsev kho mob
- noj cov tshuaj kho mob ua ntej dhau 5 hnub txij thaum pib muaj tsos mob
- yuav tsum laus tshaj 18 xyoo kom tau tshuaj molnupiravir los sis muaj 12 xyoo los saud thiab hnyav dua 88 phaus kom tau tshuaj Paxlovid.

Yog koj suab me nyuam los sis tab tom pub mis noj, thov nrog koj tus kws kho mob tham ua ntej yuav siv hom tshuaj no.

## Koj Yuav Tau Cov Tshuaj Noj Li Cas?

Koj yuav tau ua kev tshuaj xyuas hauv tsev seb puas muaj kab mob COVID-19 thaum koj pib raug tsos mob.

Yog tshuaj xyuas pom tias koj muaj kab mob COVID-19 lawm, teem caij nrog koj tus kws kho mob, txawm dhau lub koos pis tawj los tim ntej tim muag los xij, kom thiaj seb koj puas tsim nyog txais kev kho mob no.

**Thov nco ntsoov:** Tej zaum yuav tsum kuaj ntsuas ntxiv ua ntej thiaj txais tau cov tshuaj no.

## What Should You Tell Your Health Care Provider?

Before having any treatment, it is important to tell your health care provider if you:

- have a serious illness
- have any allergies
- are taking any medicines (including all prescription, over-the-counter, vitamins, herbal or natural products)
- are breastfeeding or plan to breastfeed
- are pregnant or plan to become pregnant.

## What are the Benefits?

These treatments for COVID-19 will help:

- keep you feeling well
- lower your risk of getting worse from COVID-19 or being admitted to the hospital
- shorten the length of time your symptoms last.

## What are the Possible Side Effects?

All of these treatments could cause side effects, which can differ from person to person. They are still being studied and there could be other side effects that have not been reported.

Common side effects include:

- nausea (upset stomach)
- vomiting (throwing up)
- diarrhea
- headache
- dizziness or lightheadedness
- itching.

At the infusion site, you may have pain, bleeding, bruising, soreness, swelling and possible infection.

## Koj Yuav Tau Qhia Koj Tus Kws Kho Mob Dab Tsi?

Ua ntej txais kev kho mob twg los, yeej tseem ceeb kom qhia koj tus kws kho mob yog koj:

- muaj kab mob sab heev
- muaj kev phiv dab tsi
- noj tshuaj dab tsi (suav tag nrho cov tshuaj yuav los ntawm daim ntawv yuav tshuaj, yuav tom kiab khw, cov vitamees, tshuaj ntsuab thiab lwm yam tshuaj)
- tab tom pub niam mis los sis npaj siab yuav pub niam mis
- muaj me nyuam los yog npaj siab xav muaj me nyuam

## Yuav Pab Koj Li Cas?

Cov kev kho tus kab mob COVID-19 yuav pab:

- noj qab nyob zoo mus li
- ua kom koj tsis tshua muaj feem raug kab mob COVID-19 sab heev los yog raug pw tsev kho mob
- ua rau koj tsis muaj tej yam qhia tias koj muaj mob ntev mus.

## Muaj Tau tej Kev Phiv Zoo Li Cas?

Tag nrho cov kev kho kab mob no tej zaum yuav muaj tsos mob, uas nyias muaj nyias li. Tseem tshawb fawb cov no thiab tej zaum yuav muaj lwm tsos mob uas tseem tsis tau muaj leej twg qhia txog.

Feem ntau yuav muaj tej kev phiv zoo li no:

- xeev siab (mob plab)
- ntuav (kev ntuav tawm)
- zawv plab
- dias taub hau
- kiv kiv taub hau los yog tsaus muag
- khaus khaus.

Nyob ntawm qhov chaw uas tso tshuaj, tej zaum yuav mob me ntsis, los yog los ntshav, doog ntshav, mob ncus, o o tuaj, thiab qee zaum mob voos ua paug.

Tell your health care provider right away if you have any side effect that bothers you or does not go away.

Some serious side effects such as an allergic reaction are possible, but not as common. Symptoms of an allergic reaction include fever, chills, nausea, headache, shortness of breath, low blood pressure, wheezing, swelling of your lips, face, or throat, rash including hives, itching, muscle aches, and dizziness.

If you have an allergic reaction, call 911 or have someone drive you to the Emergency Department right away. Be sure to tell medical staff that you have tested positive for COVID-19. After you have received care, tell your health care provider about your side effects.

### **Will Your Insurance Cover the Cost of These Treatments?**

Your insurance provider will be billed for part of the treatment (giving you the medicine). Call your insurance provider to see how much you will need to pay. If you do not have insurance or have any questions, talk with your health care provider.

Ncaj nraim qhia koj tus kws kho mob sai sai yog tias koj muaj kev phiv li no uas tsim txom koj es tsis ploj mus li.

Tej hom tsos mob heev xws li kev ua xua los muaj feem raug, tiam sis raug tsawg tsawg tus xwb. Cov tsos mob thaum ua xua li no muaj xws li ua npaws, tshee hnyo, xeev siab, mob taub hau, txog siav, ntshav qhov siab qis, ua pa tsis tau, di ncauj, ntsej muag, los sis lub caj pa txawm o, ua xua, khaus, mob leeg, thiab kiv taub hau.

Yog koj pib ua xua no, hu mus rau 911 los sis thov kom leej twg thauj koj mus rau Qhov Chaw Kho Mob Xwm Txheej Ceev tam sim ntawd. Qhia cov neeg ua hauj lwm tias koj muaj puav pheej tias koj raug kab mob COVID-19 lawm. Tom qab tau txais kev kho mob lawm, qhia koj tus kws kho mob txog koj cov tsos mob.

### **Koj Lub Koom Haum Tuav Pov Hwm Puas Them Tus Nqi Rau Cov Kev Kho Mob No?**

Yuav sau nqi ntawm koj lub koom haum tuav pov hwm rau ib feem ntawm kev kho mob no (thaum muab cov tshuaj rau koj). Hu koj lub tsev isalas kom saib koj yuav tsum them nqi npaum li cas. Yog tias koj tsis muaj isalas los yog tias koj muaj lus dab tsi nug, cia li nrog koj tus kws kho mob sib tham.