

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.

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.

Daaweynta COVID-19 ee Bukaansocodka

Waa Maxay COVID-19 (Koronofayras)?

COVID-19 waa magaca cudurka u sababo koronofayraska SARS-CoV-2. Koronofayrasku wuxu sababaa cuduro waxyeella sambabadaada oo neefsashada ka dhiga dhib. Qaar ka mid ah fayrasyadaas si fudud ayay uga fidaan qofka oo u gaadhaan qofka kale.

Astaamaha hadda la soo sheegay in lagu arko dadka qaba COVID-19 waxa ka mid ah:

- qandho ama xumad
- qufac
- neefsashada oo dhib ah ama neefsashada oo gaaban
- astaamaha kale waxa ka mid ah xunuun muruq, madax-xanuun, cune xanuun, shuban, ama dhadhaminta am urinta oo la waayo.

Astaamuhu waxay isugu jiraan kuwo ah khafiif illaa kuwo daran.

Maxay yihiin Daaweynta COVID-19 ee Bukaansocodka?

Waxaa jira wakhtigan laba nooc oo daawayn ah oo astaamaha yar ilaa kuwa dhexe ah:

- daaweynta ku shubida unugyada la dagaalama cudurka
- dawada fayraska ee afka laga qaato.

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.

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.

Waa Maxay Antibodhiyada Monokoloonal?

Antiboodhiga ayaa ah borootiin uu jidhkaagu soo saaro oo aad kula dagaalanto xanuunka. Waxay sidoo kale bixiyaan difaaca jidhka (ilaalada xanuunka). Antiboodhiga monoclonal ayaa lagu sameeyaa shaybaadhka oo waxa ay lamid tahay antiboodhiga jidhkaagu soo saaro.

Waa Maxay Cilaajka ku Shubista Antibodhiyada Monokoloonal?

Cilaajka ku shubista antibodhiyada monokoloonal waxa loo isticmaalaa in lagu daweyyo qof qaba COVID-19. Daawada waxaa loo yaqaanay bebtelovimab.

Bebtelovimab waa daawo ku jirta “baaris.” Tani macneheedu waa in wali la baranayo oo aan dhammaan halisteeda hadda la ogeyn. Daraasad hore ayaa muujisay inay daawadaani ammaan tahay oo islamarkaana hoos u dhigi karto halista in lagu dhigo isbitaalka.

U.S. Food and Drug Administration (FDA) ayaa ansixisay in bebtelovimab loo adeegsado xaaladaha degdega ah. Tani waxay ka dhigan tahay inay buuxisay shuruudaha qaar (amaanka, waxqabadka iyo calaamada) oo loo isticmaali karo marka ayna jirin dawooyin kale.

Sidee Ayaa Loo Qaataa Daaweynta Ku Shubida Unugyada La Dagaalama Cudurka?

Daweyntan waxa loo bixiyaa cilaaj ah ku shubis. Waxaad ku heleysaa daawadaan iyadoo lagu marinayo faleebo (IV) tubo yar ayaa la galinayaa xidid aroore gacantaada ah.

Cirbadu waxay qaadataa 1 daqiiqo in qofka lagu siiyo. Markaas kadib waxaa loola socon doonaa xaaladaada si dhaw si lagaaga eego waxyeelo kasta muddo 1 saac ah.

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.

Yaa Qaadan Kara Daaweynta Ku Shubida Unugyada La Dagaalama Cudurka?

Daweyntan waxa loogu talagalay kaliya dadka halis korodhsan ugu jira cudur culus sababta oo ah da'dooda ama taariikhda caafimaadkooda. Dadka leh qodobo halis oo gaar ah waxay yeellan karaan kiis sii daran oo ah cudurka COVID-19.

Si lagu siiyo daweyntan, waxa ad u baahan tahay:

- in lagaa helay COVID-19
- inad leedahay ugu yaraan hal qodob oo ah kuwa keenaa COVID-19 sii daran
- aad leedahay astaamo fudud ama dhexe oo aadan u baahneyn oksijiin
- waa in aanad ku jirin cisbitaalka
- waa inad qaadatid ku shubista gudaha 7 maalmood marka astaamahaagu bilaabmeen
- waa inad jirtid 12 sanno ama ka weyn tahay
- dadka miisaankoodu ugu yaraan yahay 88 rodol.

Haddii aad uur leedahay ama aad naas nuujinayso, fadlan kala hadal daryeelka caafimaad bixiyahaaga wixii ku saabsan daawaynta adiga kugu haboon.

Sotrovimab wakhtigan xaadirka ah waa gabaabsi. Wakhtigan xaadirka ah, kaliya dadka khatar badan ugu jira in COVID-19 ku rido xanuun daran ayaa awoodi doona inay helaan daaweynta.

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.

Sidee Ayaan Ku Heli Karaa Daaweynta Ku Shubida Unugyada La Dagaalama Cudurka?

Qabso ballan muuqaal ah ama mid toos ah ood la yeelanayso dhakhtarkaaga koowaad sida ugu dhaqsiiyaha badan haddii aad isku aragto wax astaamo ah si loo go'aamiyo inaad u qalanto daaweyntaan iyo in kale.

Haddii aad u qalanto, dhakhtarkaaga koowaad wuxuu xogtaada ku dari doonaa liiska xiriirka si aad u hesho daaweyntaan. Waa lagu soo wici doonaa haddii la helo kuuro aad qaadan karto.

Haddii Allina Health aysan kusoo wicin muddo 2 maalmood gudahood ah oo ah maalmaha shaqada kadib marka lagugu daro liiska, daaweyntaan kama heli doontid Allina Health.

Daawooyinkee Lagaga Hortaggo Fayraska oo Afka Laga Qaadan Karo ayaa La Heli Karaa?

Daawooyinka lagaga hortaggo fayraska (daawooyin afka laga qaato) waxa loo adeegsadaa in lagu daaweeyo qofka qaba COVID-19. Laba daawo oo lagaga hortaggo fayraska oo afka laga qaato ayaa la heli karaa wakhtigan xaadirka ah:

- Paxlovid™ (nirmatrelvir/ritonavir)
- molnupiravir.

Daawooyinka Lagaga Hortaggo Fayraska oo Afka Laga Qaato Waxtar Ma U La Dagaalanka Nooca Omicron?

Dawooyinka Lagaga Hortaggo Fayraska ee Afka Laga Qaato ayaa la rumeysan yahay inay waxtar u leeyihiin la dagaalanka Nooca 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.

Yaa Qaadan Kara Daawooyinka lagaga hortaggo fayraska ee Afka Laga Qaato?

Si aad u qaadato daaweyntan, waa in:

- lagaa helay COVID-19
- aad leedahay ugu yaraan hal wax oo kordhiya khatarta aad ugu jirto COVID-19
- aad leedahay astaamo fudud ama dhexe oo aadan u baahneyn oksijiin
- aanad ku jirin cisbitaal
- aad ku qaadatid daaweynta 5 maalmood gudahood oo ka bilaabmaya marka ay astaamahaagu bilowdaan.
- inaad ahaato 18 jir ama wixii ka wayn dawada molnupiravir ama 12 jir iyo wixii ka wayn oo miisaankaagu noqdo ugu yaraan 88 bowndhis daawada Paxlovid.

Haddii aad uur leedahay ama aad naas nuujinayso, fadlan kala hadal daryeelka caafimaad bixiyahaaga wixii ku saabsan daawaynta adiga kugu haboon.

Sidee loo Helaa Daawada Afka Laga Qaato ee La Dagaalanta Fayraska?

Waa inaad marto baaritaanka guriga la iskaga qaado ee lagu oggaado COVID-19 isla markiiba marka aad isku aragto astaamo.

Haddii lagaa helo COVID-19, qabso ballan muuqaal ah ama mid toos ah oo aad la yeelanayso dhakhtarkaaga koowaad si uu u go'aamiyo inaad u qalanto daaweyntaan.

Fadlan ogsoonow: Sidoo kale waxaad u baahan kartaa baaritaano sheybaadh oo dheeraad ah kahor inta aanad qaadan daawadan.

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.

Maxay Tahay Inaad u Sheegto Dhakhtarkaaga?

Kahor inta aanad qaadan wax daaweyn ah, waxa muhiima inaad u sheegto bixiyahaaga daryeelka caafimaadka haddii aad:

- qabtid cudur culus
- ad leedahay wax ah diidmooyin jidh ama alerjiyo
- ad qaadatid wax ah dawooyin (waxana ku jira dhammaan dawooyinka lagu qoray, kuwa la iska iibsado waraaq la'aan, fitamiino, dhirta la isku daweyo ama walxo dabiici ah)
- ad naas-nuujisid ama qorsheynaysid inad naas-nuujisid
- ad uur leedahay ama qorsheynaysid inad uur yeellatid.

Waa Maxay Anfacyadu?

Daaweyntan COVID-19 ayaa ka caawin doona:

- inad ku sii jirtid inad dareentid wacnaan
- waxay yareyn doontaa halista inu kugu sii xumaado COVID-19 ama lagu dhigo cisbitaalka
- waxay yareyn doontaa wakhtiga ay astamaahaagu jirayaan.

Waa Maxay Saameynnada Suurtogalka ah?

Dhamaan daaweynahan waxay keeni karaan waxyeelooyin, kuwaas oo ay ku kala duwanaan karaan dadku. Weli waa la daraaseynayaa waxaana jiri kara waxyeelooyin kale oo aan la soo sheegin.

Saameynnada caamka ah waxa ku jira:

- yalaalguo (calool qasan)
- matagid (hunqaaco)
- shuban
- madax-xanuun
- dawakh ama wareerid
- cuncun.

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

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.

Barta lagaa duro, waxay laga yaabaa inad ku yeellatid xanuun, dhiigid, midab-doorsoomid, danqasho, barar iyo suurtoagal ahaan caabuqid.

Isla markiiba bixiyahaaga daryeelka caafimaadka u sheeg haddii ad qabtid wax ah saameyn oo kugu haya dhib ama tagi waaya.

Saamaynaha caafimaad daro qaar sida xasaasiyad ayaa iman kara, laakiin maaha caam. Astamaha sida xasaasiyada oo ay ku jiraan xumad, qadhqadhyo, yalaalugo, madax xanuun, neef qabatin, cadaadis dhiig oo yar, hiiraag, barar dabnaha ah, wajiga, ama cunaha, finan sida fudhuudhuc, cuncun, murqe xanuun, iyo dawakhaad.

Haddii aad yeelato jawaab celin xasaasiyadeed, la hadal 911 ama qof haku geeyo Waaxda Gurmada Degdeg ah isla markaba. U sheeg shaqaalaha caafimaadka in shaybaadh lagaaga heley COVID-19. Haddii aad qaadatay daryeel, u sheeg bixiyaahaga saamaynta caafimaad daro ee aad yeelatay.

Caymiskaagu ma dabooli doonaa kharashka daaweyntan?

Bixiyahaaga caymiska waxa lagu dalacayaa qeyb ka mid ah daaweynta (dawo siintaada). Wac bixiyahaaga caymiska si ad u ogaatid inta lagaa rabo inad adigu bixisid. Haddii aanad lahayn caymis ama ad qabtid su'aalo, la hadal bixiyahaaga daryeelka caafimaadka ama dhakhtarkaaga.