



SUMNER COUNTY EMERGENCY MEDICAL SERVICES



March 21, 2020

Re: **Treatment for employees that test positive for COVID-19**, Protocol update

From: The Office of Clinical Issues and Training
Brent Dyer, Deputy Chief - EMT-P
Sumner County EMS

Authorization: Ray Pinkston, MD, FACP
Physician - Medical Director

Greg Miller, Ed.S., EMT-P
Chief of EMS

The following recommendations will apply in regards to Sumner County EMS employees who have tested positive for COVID-19 infection. This is not mandated for infected employees, and informed consent from the employee remains required as with any other medical treatment. The purpose of this protocol is to provide employees with treatment options to reduce the severity and duration of the symptoms of COVID-19. The following recommendations are based on recent research, but have not yet been confirmed in human trials. Resources used in research will be made available upon request.

Treatment guidelines are as follows:

❖ **Hydroxychloroquine (Plaquenil)**

- Indications
 - Positive test for COVID-19
- Contraindications
 - Allergy to drug or 4-aminoquinoline compounds (Amodiaquine, Chloroquine)
 - Anemia
 - Liver disease
 - Myasthenia Gravis
 - Psoriasis (Relative contraindication; May exacerbate condition)
- Side Effects
 - Nausea
 - Stomach cramps
 - Loss of appetite
 - Diarrhea
 - Dizziness
 - Headache
 - Bradycardia
 - Symptoms of heart failure
 - Worsening of skin conditions
 - Tinnitus
- Dosage
 - 400 mg (2 tablets) twice a day on day 1... followed by 200 mg (1 tablet) twice a day for the next 4 days, then STOP regardless of response.



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❖ Zinc (Over the Counter)

- Indications
 - Positive test for COVID-19
- Contraindications
 - Hypersensitivity
 - Allergy to zinc or other ingredients in medication.
 - Anemia
- Side Effects
 - Intranasal use may lead to loss of smell.
 - Nausea
 - Vomiting
 - Gastrointestinal irritation
- Dosage
 - Manufacturer's recommended dosing.
 - Per study daily dosages ranging from 60-100 mg provide most efficacy.
 - Use the same available brand throughout the manufacturer's recommended duration.
 - Typically 3-7 days
- Common brands and dosing
 - Cold-Eeze (Zincum Gluconicum)
 - Dose: 13.3 mg (6 total doses throughout the day)
 - Zicam Cold Remedy (Zincum Gluconicum/Zincum Aceticum)
 - Dose 10 mg (6 total doses throughout the day)

❖ Azithromycin (Zithromax Z-Pack)

- Indications
 - Positive test for COVID-19
- Contraindications
 - Allergy to Azithromycin, erythromycin, or any Macrolide or Ketolide medications
 - Hepatic dysfunction
- Side effects
 - Nausea
 - Diarrhea
 - QT prolongation
- Dosage
 - Two 250mg tablets (500 mg Loading dose, Day 1), followed by 1 250mg tablet each day for 4 days, then STOP regardless of response.

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Effective March 21, 2020



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This protocol / standing order is effective immediately. Personnel will be provided further updates as recommendations and orders come from our Medical Director and other officials as new information develops. ***Our focus is to protect the wellbeing of our providers as valued members of the healthcare community.*** We are also proud to research and develop protocols and acquire necessary equipment and medication that allows us to maintain a high standard of care to the patients we serve while minimizing the risks to all personnel. Recommendations are welcome and should be sent to the Office of Clinical Issues and Training for consideration.

Disclaimer:

At the time of release of this protocol, 3/21/2020, 2000 hrs, EMS has enough medication currently on hand to treat a very limited number of people, with more medication expected to be on hand tomorrow, 3-22-2020 around 1230 hrs. Pending test results and progression of symptoms, personnel will be contacted to coordinate a discussion and physician involvement for developing an individual treatment plan as needed. Based on timelines for anticipated test results, timing should allow for arrival of more medication in the event more is needed.

- BND (DC910), authority of MD1



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Consent to Treat with Hydroxychloroquine and Azithromycin

I, the undersigned, understand that Hydroxychloroquine and/or Azithromycin are not FDA approved for the aforementioned indications, and that the use of Hydroxychloroquine and/or Azithromycin for the treatment of COVID-19 has not yet been adequately studied in humans. I have been informed of the risks associated with use of this medication for the purpose of treatment of COVID-19 infection, accept these risks at my own discretion, and hereby release Sumner County EMS and any associates of the same from liability of any consequences of the use of this medication.

Printed Full Name

Signature

_____/_____/_____
Date