

# Approved COVID-19 Treatments in Allina Health Hospitals

## Trusted Health Care

Allina Health is your trusted partner in health care.

Members of your hospital health care team will only use treatments proven to help treat the virus that causes COVID-19.

## Approved Treatments

As the COVID-19 virus changes (mutates), and as science changes, recommendations change. Treatments once used (such as plasma) were stopped when data from around the world proved they didn't work.

The COVID-19 treatments used by Allina Health have gone through clinical studies to verify they are safe and they work.

Ask a member of your health care team if you have any questions.

Approved Treatments Used at All Allina Health Hospitals			
	Dexamethasone (Decadron®)	Dexamethasone with baricitinib (Olumiant®)	Dexamethasone with tocilizumab (Actemra®)
<b>Why it is given</b>	This helps reduce inflammation (swelling and irritation) and slow an overactive immune system.	The medicines work together to reduce swelling and irritation, and slow an overactive immune system. (Baricitinib is used to treat other diseases.)	The medicines work together to reduce swelling and irritation, and slow an overactive immune system. (Tocilizumab is used to treat other diseases.)
<b>When it is given</b>	It is given when people need supplemental (extra) oxygen or are on a ventilator.	It is given when people are quickly getting worse (despite being on steroids) and need extra oxygen, a ventilator or an ECMO machine (adds oxygen to the blood).	It is given when people are quickly getting worse (despite being on steroids) and need extra oxygen, a ventilator or an ECMO machine. It is also a choice for people who can't have or haven't had baricitinib.
<b>What it does</b>	These medicines calm the immune system so it doesn't attack healthy cells.		
<b>How long it is used</b>	Dexamethasone is used for up to 10 days.	Baricitinib is used for up to 14 days.	Tocilizumab is a one-time dose.
Remdesivir (an antiviral medicine) may be used on a case-by-case basis for select patients. It may also be used to treat people who have COVID-19 with one or more mild symptoms. Monoclonal antibody therapy is typically used in people who are not being treated in a hospital.			

# Unapproved COVID-19 Treatments Not Used by Allina Health

## Beware of Health Claims

Deciding to take a medicine for any reason other than what it's intended for can be dangerous.

Be careful of anyone or anything that promotes a medicine to prevent or treat COVID-19 that is not verified by scientific evidence.

## Whom to Ask

Talk with a health care provider who knows you best **before** you take any new medicine or supplement.

This can be your primary care provider, a specialty provider (such as an endocrinologist or a cardiologist), a pharmacist, or a member of your hospital health care team.

Together, you can decide what is best for you.

## Learn More

Visit the [COVID-19 Resource Center](https://www.allinahealth.org/coronavirus-covid-19) at [allinahealth.org/coronavirus-covid-19](https://www.allinahealth.org) to learn more, schedule a vaccine, or find out where to get a COVID-19 test in Minnesota and Wisconsin.

Unapproved Treatments Not Used by Allina Health			
	Ivermectin	Hydroxychloroquine	Supplements (zinc, melatonin, vitamin D, vitamin C)
<b>What it treats</b>	This is a prescription medicine that treats infections caused by certain parasites in humans and animals.	This is a prescription medicine that treats malaria, rheumatoid arthritis and lupus.	These are over-the-counter vitamins, minerals and natural products.
<b>Why it doesn't work against COVID-19</b>	There is <b>no</b> scientific evidence that ivermectin works in people who have COVID-19. There is a lack of safety data in most studies done so far.  It is only recommended for use in clinical studies.	There is <b>no</b> scientific evidence that hydroxychloroquine prevents or treats COVID-19.  It is only recommended for use in clinical studies.	There is <b>no</b> evidence that supplements prevent or treat COVID-19.  There is <b>no</b> evidence that supplements will boost your immune system and protect you from getting COVID-19 or recovering more quickly.
<b>Possible harms</b>	Taking high doses of ivermectin or taking the animal version can cause serious harm such as: <ul style="list-style-type: none"> <li>■ nausea, vomiting, diarrhea</li> <li>■ swelling of the face, arms or legs</li> <li>■ dizziness, seizures or confusion</li> <li>■ liver injury (hepatitis).</li> </ul>	Taking hydroxychloroquine for any reason other than what it is intended for can cause serious harm such as: <ul style="list-style-type: none"> <li>■ changes to heartbeat and heart rhythm</li> <li>■ liver inflammation (swelling)</li> <li>■ kidney failure</li> <li>■ serious skin reactions.</li> </ul>	Taking high doses of supplements can make you sick (upset stomach, cramping or diarrhea).  They can interfere with other medicines you may be taking, which may affect how well they work. That can cause you serious harm.