

DIFAEM guideline for diagnostics and treatment of patients suspected of COVID-19, August 2021

WHO classification+A3:I8	Practical clinical stages	Symptoms	Triage constellation	Testing	Diagnostics	Therapy	Supportive therapy	Isolation recommendation
Non-severe	Mild	Fever, cough, headache, diarrhoea, loss of taste or smell	Fever, cough, other symptoms within onset of 14 days, oxygen saturation normal, respiration rate normal, no risk factors, no emergency signs	Always according to national guideline - rapid test if available	Malaria test, other according to symptoms (urine when problems, stool when diarrhoea)	Symptomatic therapy, PCM, maybe ORS when diarrhoea	Moderate exercise, fluid, Vitamin C (ginger, lemon), steam inhalation (eucalypt - not in children), healthy, balanced diet	According to national guideline - at home or at community facility
	Mild-moderate	One or several of the above with signs of pneumonia not affecting oxygen saturation	Fever, cough, other symptoms within onset of 14 days, signs of pneumonia (crepitation, respiration rate 20-25), oxygen saturation 97-100%, no emergency signs	Always according to national guideline - rapid test recommended	WBC and Hb, full blood count if possible, malaria test, other according to symptoms	Symptomatic therapy, plus oral antibiotics monotherapy (Amoxicilline or Macrolid) Treatment at home if follow-up is possible, hospitalisation if follow-up is difficult	Encourage positioning and bubble bottle, light exercise, fluid, Vitamin C (ginger, lemon) steam inhalation (eucalypt - not in children), healthy, balanced diet	According to national guideline - at home with frequent follow up or at health facility (when risk factors)
	Moderate	One or several of the above with signs of pneumonia, oxygen levels lowered but above 90%	Fever, cough, other symptoms within onset of 14 days, signs of pneumonia (crepitation, respiration rate 20-25), oxygen saturation 91-96%, no emergency signs	Always according to national guideline - rapid test recommended	WBC and Hb, full blood count if possible, malaria test, other according to symptoms, blood glucose	Symptomatic therapy plus antibiotics according to WHO guideline i.v. (oralize after 48hours if improved) Hospitalisation with regular monitoring of oxygen saturation	Encourage positioning and bubble bottle, light exercise, fluid, Vitamin C (ginger, lemon) steam inhalation (eucalypt - not in children), healthy, balanced diet	According to national guideline - at health facility
Severe	One or several of the above with pneumonia, oxygen saturation <90% and/or respiration rate >25/min, +/- signs of organ dysfunction	Fever, cough, other symptoms, clinical dyspnoea, elevated respiration rate > 25/min, oxygen 90/min, +/- risk factors, no emergency signs	Always according to national guideline - PCR if available, otherwise rapid test	Full blood count, malaria test, creatinine, liver enzymes, blood glucose, other according to symptoms, (stool when diarrhoea, urine when problems), coagulation profile if starting on anticoagulants	Oxygen to reach a saturation of 95-96%, Dexamethasone (or other corticoid), symptomatic therapy plus antibiotics according to WHO recommendation i.v., IL-6 antibodies if available, fluid i.v. 2-3 litres/day, anticoagulants if available	Positioning and bubble bottle, exercises in bed, healthy, balanced light diet, encourage oral fluid intake	According to national guideline - in hospital	

Critical	Lung failure, coagulation disorder, shock, multiple organ failure	Fever, cough, other symptoms, clinical dyspnoea, elevated respiration rate > 25/min, Oxygen <90/min, , +/- risk factors, emergency signs present	Always according to national guideline - PCR if available, otherwise rapid test	Everything that is relevant to improve therapy and prognostics	Symptomatic therapy plus antibiotics according to WHO recommendation i.v., Dexamethasone (or other corticoid), IL-6 antibodies if available, anticoagulants according to anticoagulation profile, positioning, high flow oxygen, sedation if on ventilation, catecholamine if necessary, fluid management including diuretics according to BP, need and kidney function, haemodialysis if needed (then buffering of electrolytes, full anticoagulation...)	Positioning, suction if necessary, passive exercises, feeding via nasogastric tube if necessary	According to national guideline - in hospital / ICU
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Disclaimer: Please keep in mind that these are generalizing recommendations for treatment and diagnostics of COVID-19 based on current scientific literature and clinical practice in Germany. Every case has to be assessed individually according to your local clinical practice and your national guidelines.