

General Information about COVID-19

- How COVID-19 Spreads
 - COVID-19 can be spread by people with symptoms, and may also be spread by people without symptoms
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- Masks: Types, Who Should Wear It, When to Wear It
 - Masks should be worn if you have symptoms or are caring for someone with symptoms.
 - When & How to Wear a Mask: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>
 - Cloth masks are now recommended for everyone with or without symptoms to use in public settings, especially in areas of community-based transmission (e.g. grocery stores and pharmacies).
 - Cloth Masks (When & How to Use and How to Make): <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
- How to Clean Your Home and Groceries
 - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf>
- What to Do If Symptoms Appear
 - How to Manage Mild Symptoms: https://www.pharmacists.ca/cpha-ca/assets/File/cpha-on-the-issues/COVID_comparison_Infographic2.pdf
 - When to Seek Medical Attention: https://www.pharmacists.ca/cpha-ca/assets/File/cpha-on-the-issues/COVID_comparison_Infographic3.pdf
- How to Care for Someone with COVID-19
 - <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en>
- List of Ontario Assessment Centres & Useful Information
 - <https://cep.health/insights/covid-19/>

Information about medications & COVID-19

- Safety of ACEi/ARBs, ASA & NSAIDs

- **If you are on any of these medications, continue as usual.**
- There is no evidence that these medications increase the risk of infection or worsen current cases of COVID-19.
- Recommendations from the Canadian Cardiovascular Society:
https://www.ccs.ca/images/Images_2020/CCS_CHFS_Update_COVID_CV_medications_Mar20.pdf

- Common ACEi/ARBs:

Coversyl (Perindopril)	Zestril (Lisinopril)	Avapro (Irbesartan)
Altace (Ramipril)	Accupril (Quinapril)	Cozaar (Losartan)
Mavik (Trandopril)	Edarbi (Azilsartan)	Olmotec (Olmesartan)
Vasotec (Enalapril)	Atacand (Candesartan)	Micardis (Telmisartan)

- Common Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):

Advil (Ibuprofen)	Cambia (Diclofenac)	Mefenamic Acid
Aleve (Naproxen)	Indomethacin	Mobicox (Meloxicam)
Celebrex (Celecoxib)	Toradol (Ketorlac)	

- Safety of Inhaled Corticosteroids

- **If you are using an inhaled corticosteroid, continue as usual.**
- There is no evidence that these medications increase risk of infection or worsen current cases of COVID-19.
- In patients with asthma, inhaled corticosteroids can reduce the risk of asthma attacks being triggered by a respiratory virus, such as COVID-19.
- Recommendations from the University of Oxford's Centre for Evidence-Based Medicine: <https://www.cebm.net/covid-19/inhaled-steroids-in-asthma-during-the-covid-19-outbreak/>

- Common inhaled corticosteroids:

Qvar (beclomethasone)	Flovent (Fluticasone Propionate)	Breo (Fluticasone/Vilanterol)
Pulmicort (Budesonide)	Arnuity (Fluticasone Furoate)	Advair (Fluticasone/Salmeterol)
Alvesco (Ciclesonide)	Symbicort (Budesonide/Formoterol)	Zenhale (Mometasone/Formoterol)

- Hydroxychloroquine & Azithromycin as Potential Treatment Option
 - **Currently, there is not enough evidence to support the use of hydroxychloroquine and azithromycin for COVID-19.**
 - Use for COVID-19 should be restricted for hospital patients until more data becomes available.
 - Canadian Pharmacists Association: <https://www.pharmacists.ca/cpha-ca/assets/File/cpha-on-the-issues/CQ-HCQ-COVID-FINAL-EN.pdf>

- Prolia Injections
 - If you or a family member are on Prolia (a medication to strengthen your bones), do NOT skip your injection. Please call the clinic to ask about best next steps.