



Government of West Bengal
Department of Health & Family Welfare.
Swasthya Bhawan, Salt Lake.
Block – GN, 29; Sector: V. Kolkata: 700091.

Memo No. /M/ 913

dated 4th May, 2021

Advisory for the Extended Use of Corticosteroid.

There is unprecedented surge of Covid cases in the recent time. Hospitals are overloaded and critical patients have to wait sometimes for long time for admission in the hospital. If appropriate home management is started in time, many patients will not be required hospitalization and lives will be saved. Considering this, the use of steroid is recommended in home management and in Covid care centre as per following guidelines:-

A) Indications for the Use of Inhalational Corticosteroids:

1. Cough predominant COVID 19 particularly if persists beyond day 5
2. Co- morbidity - Asthma, COPD, atopic disease (naso-bronchial allergy)
3. Clinical symptoms like wheeze, Chest tightness etc.

Dose Recommendations for the use of Budesonide –

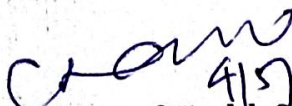
Budesonide 400 mcg per actuation - 2 puffs 12 hourly (initiation of therapy within 10 days of symptoms onset) for 5-7 days.

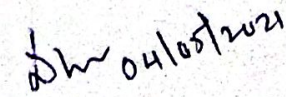
B) Indications for the Use of Systemic Corticosteroids :

Systemic Steroids are not generally indicated in mild Covid infection and for home isolation cases. However if high grade fever persists after 5 days or fever reappears after initial remission after 5 days or cough worsening after 5 days, systemic Steroids may be considered under guidance of treating physician.

Choice of Systemic steroids is Tab Dexamethasone 0.1-0.2 mg/ kg OD preferably at 8am after breakfast, for 3-5 days.

Close monitoring of blood sugar should be done during steroid therapy particularly if the patient is Diabetic.


4/5/21
Director of Health Services
Government of West Bengal


04/05/2021
Director of Medical Education
Government of West Bengal