

# Are there medications I should stop to avoid COVID-19?



## Controversies on medication use

- There are various news reports that claim certain drugs (ibuprofen and ACE inhibitors) can worsen or increase risk of COVID infections.
- The evidence for these claims are theoretical in basis as the medications can increase ACE2 receptor protein in the body.
- ACE2 protein is used by the COVID-19 to enter human cells.
- Stopping medications without a healthcare professional's advice may cause harm



## Chronic Medication use: ACE inhibitors and ARBs

- Residents should continue taking all their prescribed chronic medications.
- ACE inhibitors and ARBs can be important for the treatment of hypertension and protection of kidneys in diabetes.



## Non-steroidal anti-inflammatory drugs (NSAIDs)

- Ibuprofen is a NSAID
- NSAIDs are important in the control of inflammatory conditions like Rheumatoid Arthritis and should not be stopped if already being prescribed.
- Use in the elderly comes with increased risk of gastric/kidney/heart side effects
- Paracetamol is a safer option for fever management.

