

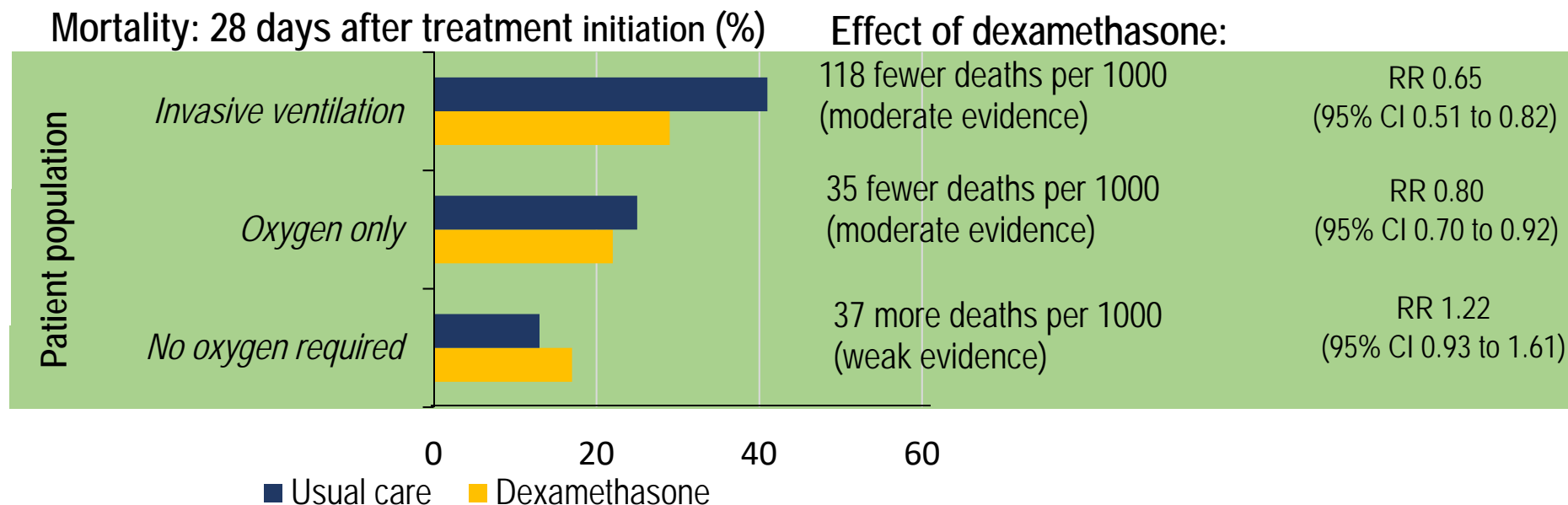
# Effect of Dexamethasone on mortality in COVID-19

This evidence brief for clinicians describes key aspects of the corticosteroid rapid review report

Refer to the Corticosteroids rapid review (23June2020) <http://www.health.gov.za/index.php/national-essential-medicine-list-committee-nemlc/category/633-covid-19-rapid-reviews>

The RECOVERY randomised trial (n=6425 hospitalised adults) compared dexamethasone to usual care

Preliminary results were reported as a pre-print, and are still to be published in a peer-reviewed journal



## NEMLC THERAPEUTIC GUIDELINES SUB-COMMITTEE RECOMMENDS:

- Use dexamethasone, intravenous, 6mg daily *or* prednisone, oral, 40mg daily for 10 days in adults with severe COVID-19 receiving oxygen
- Do not routinely use corticosteroids to treat COVID-19 in adults not requiring oxygen, unless indicated for another reason e.g. acute asthma exacerbation or chronic obstructive pulmonary disease
- When the RECOVERY trial is published in peer-reviewed form, the recommendation will be reviewed

CI: confidence interval; NEMLC: National Essential Medicines List Committee; RR: risk ratio