

Annex 2. Medications and dosages for symptomatic care

Fever – paracetamol

Adults: 1 g PO/IV every 6–8 hours. Maximum dose 4 g every 24 hours or (max 2 g/24 h if history of chronic liver disease).

Neonates: Oral dose 10–15 mg/kg every 6 hours. Maximum dose 40 mg/kg/day; IV dose 7.5 mg/kg every 6 hours, maximum dose 30 mg/kg day.

All other children: 10–15 mg/kg every 6 hours, maximum dose 60 mg/kg /day.

Mild pain control – paracetamol

Adults: 1 g PO/IV every 6–8 hours. Maximum dose 4 g every 24 hours or (max 2 g/24 h if history of chronic liver disease).

Children: Orally or IV 10–15 mg/kg/dose every 4–6 hours as required, maximum usual dose 60 mg/kg/day, but 90 mg/kg/day can be given for short period with medical supervision.

Severe pain control – consider to add tramadol (PO or IV)

Adults: 50–100 mg PO/IV every 4–6 hours as needed, daily maximum 400 mg/day.

Children > 6 months: 1–2 mg/kg every 4–6 hours, maximum 400 mg/day.

Severe pain control – consider replacing tramadol for morphine (PO, IV, SC) (oral dose preferred if patient can tolerate; only use immediate release tablets for acute pain)

Adults: Oral dose is 10 mg every 4 hours as needed; maximum dose is 60 mg/day. IV dose is 1–4 mg SQ/IV every 4 hours as needed – monitor SBP and RR prior to administration of morphine (hold for low SBP or respiratory rate).

Children: Oral dose is 0.2–0.4 mg/kg/dose every 4 hours. Titrate dose to pain. IV dose is 0.05–0.1 mg/kg/dose every 4–6 hours as required.

Antihistaminic for itching

Adults: Loratadine 10 mg PO once daily.

Children (> 30 kg): Loratadine 10 mg PO once daily.

Nausea and vomiting

Ondansetron (associated with QT prolongation, thus it is important to note other medications that may also prolong the QT interval and to monitor regularly with ECGs if available).

Adults: 8 mg PO every 12 hours or 4 mg IV every 8 hours as needed.

Children: 0.15 mg/kg orally or IV 0.15 mg/kg every 12 hours, maximum dose 8 mg.

Promethazine

Only for adults: 12.5–25 mg orally every 4–6 hours as needed (can prolong QT interval).

Dyspepsia

Adult: Omeprazole 40 mg PO/IV every 24 hours.

Child: Omeprazole: 5–10 kg: 5 mg once daily; 10–20 kg: 10 mg once daily; ≥ 20 kg: 20 mg once daily.

Diarrhoea

Diarrhoea should be managed conservatively. The use of anti-motility agents is not generally recommended given the potential for ileus.
