

“National medical experts have expressed varying opinions about the use of non-steroidal anti-inflammatory (NSAID) medications in people with Covid 19 infection. Some evidence has suggested the use of these meds may make Covid infection worse. Other experts believe there is no evidence proving this.

NSAID medications include: ibuprofen, motrin, naproxen, Naprosyn, Ansaid, flurbiprofen, and aspirin if used for treatment of acute pain.

When the experts differ, the rest of us must chose. Here are my recommendations:

1. While the Covid 19 epidemic exists, avoid NSAID use if you can. Do not use to treat acute pain or fever.
2. If you have Covid infection, and you are prescribed an NSAID to take every day, by a medical provider to treat a medical condition, discuss with your provider whether to continue.
3. If you are taking aspirin on a daily basis because you have had a heart attack or stroke, do not stop taking aspirin.
4. If you are diagnosed with Covid 19 infection use acetaminophen (Tylenol) to treat pain or fever. Once you are feeling better, stop using it so you will know if you are still having fevers.

The Covid 19 Epidemic changes rapidly and these recommendations are based on what we know today.”

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