

A Guide to your Symptom Control Pack (COVID-19 infection)



What is a Symptom Control Pack?

Your Symptom Control Pack contains a small supply of medications that are helpful in treating symptoms associated with COVID-19 infection. It has been offered to you to ensure that, should you have symptoms, these can be treated quickly and effectively. Sometimes it can be difficult to get these drugs in a hurry, especially at nights or weekends. Use of these medicines will be guided by a nurse or doctor. They will advise you whether to take the oral medicines but the injections should only be given by a trained professional. They are not meant to be used instead of your regular medications.

What is in a Symptom Control Pack?

In your Symptom Control Pack there are some small boxes containing several different medicines, and some information for the nurses and doctors. There may also be a medicine administration sheet, authorising your District Nurse to give you medication by injection if you need it.

What are the different medicines for?

The medicines in the bag will vary from patient to patient and you may not need any of them, but the common ones are:

Paracetamol - For pain and fever

Morphine liquid - For breathlessness, cough or pain

Lorazepam - For anxiety or breathlessness

Levomepromazine injection - For nausea or restlessness.

Midazolam injection - For anxiety or breathlessness

Hyoscine hydrobromide injection - For a rattly chest

How do I look after my Symptom Control Pack ?

The medicines in your pack have been prescribed for you, and should not be given to anyone else. They should be kept in a safe place out of the reach of children, but do not need to be kept in the fridge. If you recover from COVID-19 and the medicines are not used, they should be returned to your pharmacy.

Who provides the Symptom Control Pack?

The Symptom Control Pack will usually be prescribed by your GP or Hospital Doctor. The need for you to have the medication will be kept under review by your GP with help from the Community Nursing Team. They will also check if any changes need to be made to your regular medication.

Any questions?

If you have any questions about your Symptom Control Pack, do feel free to ask your Community Nurse, Pharmacist or GP.