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1 **Treatment options for COVID-19: the reality**
2 **and challenges**

3

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21

22 **Abstract** An outbreak related to the severe acute respiratory syndrome
23 coronavirus 2 (SARS-CoV-2) was first reported in Wuhan, China in December
24 2019. An extremely high potential for dissemination resulted in the global
25 coronavirus disease 2019 (COVID-19) pandemic in 2020. Despite the
26 worsening trends of COVID-19, no drugs are validated to have significant
27 efficacy in clinical treatment of COVID-19 patients in large-scale studies.
28 Remdesivir is considered the most promising antiviral agent; it works by
29 inhibiting the activity of RNA-dependent RNA polymerase (RdRp). A
30 large-scale study investigating the clinical efficacy of remdesivir (200 mg on
31 day 1, followed by 100 mg once daily) is on-going. The other excellent
32 anti-influenza RdRp inhibitor favipiravir is also being clinically evaluated for its
33 efficacy in COVID-19 patients. The protease inhibitor lopinavir/ritonavir
34 (LPV/RTV) alone is not shown to provide better antiviral efficacy than standard
35 care. However, the regimen of LPV/RTV plus ribavirin was shown to be
36 effective against SARS-CoV *in vitro*. Another promising alternative is
37 hydroxychloroquine (200 mg thrice daily) plus azithromycin (500 mg on day 1,
38 followed by 250 mg once daily on day 2-5), which showed excellent clinical
39 efficacy on Chinese COVID-19 patients and anti-SARS-CoV-2 potency *in vitro*.
40 The roles of teicoplanin (which inhibits the viral genome exposure in cytoplasm)

41 and monoclonal and polyclonal antibodies in the treatment of SARS-CoV-2 are
42 under investigation. Avoiding the prescription of non-steroidal
43 anti-inflammatory drugs, angiotensin converting enzyme inhibitors, or
44 angiotensin II type I receptor blockers is advised for COVID-19 patients.

45

46 **KEYWORDS:** Severe acute respiratory syndrome coronavirus 2
47 (SARS-CoV-2), coronavirus disease 2019 (COVID-19), remdesivir,
48 hydroxychloroquine, non-steroidal anti-inflammatory drugs, angiotensin
49 converting enzyme inhibitors.

50

51 **Introduction**

52 In December 2019, Wuhan city (the capital city of Hubei province, China)
53 experienced a major outbreak caused by a novel coronavirus. This outbreak
54 was found to be caused by a novel virus, the severe acute respiratory
55 syndrome coronavirus 2 (SARS-CoV-2).¹⁻³ Numerous clinical SARS-Co-2
56 cases have been reported and were distributed among more than half of the
57 countries of the world during a less than 6-month period (data till March 28,
58 2020).⁴⁻⁷ The lower respiratory tract is the primary target of the SARS-CoV-2
59 infection. It is noteworthy that adults with coronavirus disease 2019 (COVID-19)
60 often present with a profound decrease in both CD4⁺ and CD8⁺ T-cell subsets
61 at the early stage of this disease.^{1,8} Subsequently, patients suffered acute
62 respiratory distress syndrome for about 7-10 days after the onset of COVID-19
63 due to rapid viral replication, a stormy increase of pro-inflammatory cytokines
64 as well as chemokine response, and inflammatory cell infiltrates.^{8,9}
65 Nevertheless, contrary to the SARS cases in 2003,¹⁰ some SARS-CoV-2
66 infection patients did not have the prodromal symptoms of upper respiratory
67 tract infection (e.g., cough, sore throat, rhinorrhea), viremia-associated
68 laboratory abnormalities (e.g., leukopenia, lymphopenia, anemia, elevation of
69 liver enzymes and lactic dehydrogenase), or initial evidence of diagnostic

70 chest roentgenographic abnormalities.^{6,11} In addition, uncertain seasonality
71 and the incubation period of SARS-CoV-2 infection oscillating between 2 and
72 14 days make it remarkably difficult to achieve early diagnosis and initiate
73 treatment on time.^{5,9} Previous studies demonstrated that human
74 coronavirus-NL63 (HCoV-NL63) is able to use angiotensin-converting
75 enzyme-2 (ACE2) as a cell receptor in humans.^{5,12} Although children are
76 considered to be significantly less susceptible to HCoV-NL63 infection and
77 have milder disease severity than adults,^{1,5,8,13} the SARS-CoV-2 infection has
78 become a public health menace to people around the world presently because
79 of high transmission potential and unpredictability of disease progression.¹⁴ In
80 order to contain SARS-CoV-2 spread among community residents, stringent
81 infection control measures were implemented by the Centers for Disease
82 Control (CDC) and Prevention of Taiwan since February, 2020. According to
83 an investigation by To *et al.* (2020),¹⁵ patients with SARS-CoV infection had
84 the highest viral load (measured from posterior oropharyngeal saliva samples)
85 close to when they presented. To *et al.* concluded that since viral load had
86 already peaked around the time of hospital admissions, early use of potent
87 antiviral agents might be beneficial in controlling COVID-19 severity.¹⁵
88 However, standard treatment against COVID-19 is presently lacking. Herein,

89 the roles of several drugs including antiviral agents, some antibiotics and
90 anti-inflammatory agents have been reviewed to explore their efficacy in
91 combating the SARS-CoV-2 (data until March 28, 2020).

92

93 **RNA-dependent RNA polymerase inhibitors**

94 **Remdesivir**

95 Among several potential drugs tested for efficacy in treatment of SARS-CoV-2
96 infection,¹⁶ remdesivir (GS-5734; Gilead Sciences Inc., Foster City, CA, USA)
97 is shown to be the most promising and hopeful anti-viral therapeutic. It works
98 by targeting viral RNA-dependent RNA polymerase (RdRp) while evading
99 proofreading by viral exoribonuclease,¹⁷ resulting in premature termination of
100 viral RNA transcription. Unlike other nucleotide analogues, remdesivir is a
101 phosphoramidate prodrug with broad-spectrum activity against many virus
102 families, including *Filoviridae*, *Paramyxoviridae*, *Pneumoviridae*, and
103 *Orthocoronavirinae* (such as pathogenic SARS-CoV and Middle East
104 respiratory syndrome coronavirus [MERS-CoV]).^{18,19}

105 Information regarding the pharmacokinetics of remdesivir in humans is not
106 available. Nevertheless, valuable data from rhesus monkeys revealed an
107 intravenous 10 mg/kg dose of remdesivir could lead to a remarkably high

108 intracellular concentration ($>10 \mu\text{M}$) of active triphosphate form in peripheral
109 blood mononuclear cells for at least 24 h,²⁰ supporting its clinical potential in
110 the treatment of human SARS-CoV-2 infection. Additionally, data on the safety
111 of remdesivir in humans are available online.²¹ The first COVID-19 patient in
112 the USA was successfully treated with remdesivir for the progression of
113 pneumonia on day 7 of hospitalization in January, 2020.⁴ Phase 3 human trials
114 (ClinicalTrials.gov Identifier: NCT04292899 and NCT04292730, for severe and
115 moderate adult SARS-CoV-2 cases, respectively) have been initiated to
116 evaluate its efficacy in patients with SARS-CoV-2 infection since March, 2020.
117 Patients received 200 mg on day 1, followed by 100 mg once daily from day 2.
118 Despite its encouragingly high *in vitro* potency against SARS-CoV-2 and the
119 clinical success in treatment of COVID-19,^{4,18} uncertainties about adverse
120 effects (e.g., nausea, vomiting, rectal hemorrhage, and hepatic toxicity) and
121 clinical efficacy of remdesivir have been reported recently.²²

122 In a mouse model investigating the pathogenesis of SARS-CoV,
123 prophylactic and early therapeutic post-exposure administration of remdesivir
124 were shown to produce a significant reduction in pulmonary viral load (i.e., >2
125 orders of magnitude on day 2-5 post-infection), mitigate disease progression
126 and prominently improve respiration function.¹⁸ Furthermore, Brown *et al.*

127 observed that remdesivir displayed half-maximum effective concentrations
128 (EC_{50} s) of 0.069 μ M for SARS-CoV, and 0.074 μ M for MERS-CoV in tissue
129 culture models.²³ In addition, tissue culture experiments also revealed that
130 many highly divergent CoV including the endemic human CoVs (HCoV-OC43,
131 HCoV-229E) and zoonotic CoV are effectively inhibited by remdesivir within
132 the submicromolar EC_{50} s.^{23,24} Of note, the similar efficacy of prophylactic and
133 therapeutic remdesivir treatment (24 h prior to inoculation, and 12 h
134 post-inoculation, respectively) was also seen in the context of a non-human
135 primate (rhesus macaque) model of MERS-CoV infection.²⁵ Although two
136 amino acid substitutions (F476L, V553L) in the non-structural protein 12
137 polymerase were demonstrated to confer low-level resistance to remdesivir,
138 this resistance also impaired the fitness of the tested CoVs and is actually
139 difficult to select.¹⁷

140

141 **Favipiravir**

142 The other RdRp inhibitor favipiravir (Fujifilm Toyama Chemical Co. Ltd, Tokyo,
143 Japan) is known to be active *in vitro* against oseltamivir-resistant influenza A, B,
144 and C viruses.²⁶ After being converted into an active phosphoribosylated form,
145 favipiravir is easily recognized as a substrate of viral RNA polymerase in many

146 RNA viruses.²⁷ The recommended dose of favipiravir against influenza virus is
147 1600 mg administered orally twice daily on day 1, then 600 mg orally twice
148 daily on day 2-5, and 600 mg once on day 6. Recently, preliminary results of
149 clinical studies have shown favipiravir to have promising potency in treatment
150 of Chinese patients with SARS-CoV-2 infection.²⁸ Favipiravir was approved for
151 the treatment of COVID-19 in China in March, 2020. In addition, patients with
152 COVID-19 infection are being recruited for randomized trials to evaluate the
153 efficacy of favipiravir plus interferon- α (ChiCTR2000029600) and favipiravir
154 plus baloxavir marboxil (ChiCTR2000029544).

155

156 **Ribavirin**

157 Ribavirin (Bausch Health Companies Inc., Bridgewater, NJ, USA) is a
158 guanosine analogue antiviral drug that has been used to treat several viral
159 infections, including hepatitis C virus, respiratory syncytial virus (RSV), and
160 some viral hemorrhagic fevers. The *in vitro* antiviral activity of ribavirin against
161 SARS-CoV was estimated to be at a concentration of 50 $\mu\text{g/mL}$.²⁹ However, it
162 has the undesirable adverse effect of reducing hemoglobin, which is harmful
163 for patients in respiratory distress.¹⁹

164

165 **Interferons**

166 Treatment with interferon β (IFN β)-1b (Bayer Pharmaceutical Co., Leverkusen,
167 Germany), an immunomodulatory agent, was shown to result in clinical
168 improvement among MERS-CoV-infected common marmosets, but the
169 benefits of IFN β -1b for SARS patients remains uncertain.^{29,30}

170

171 **Protease inhibitors**

172 **Lopinavir/ritonavir**

173 Protease inhibitors (PIs) are important agents in the contemporary treatment of
174 patients with chronic human immunodeficiency virus (HIV) infection. In the
175 Orthocoronavirinae family, the targets of PIs are papain-like protease and
176 3C-like protease.³⁰ The antiviral activity of lopinavir (LPV; Abbott Laboratories,
177 Lake Bluff, Illinois, US) against MERS-CoV in a tissue culture model is
178 controversial, despite a good effect in mitigating disease progression in
179 MERS-CoV-infected marmosets.²⁹ Of note, Sheahan *et al.* (2020) compared
180 the efficacy of prophylactic remdesivir (25 mg/kg twice a day, administered 1
181 day prior to infection) as well as therapeutic remdesivir with that of
182 LPV/ritonavir (RTV, used to prolong the LPV's half-life)-IFN β combination
183 therapy in a humanized transgenic mouse MERS-CoV infection model. They

184 observed the efficacy of remdesivir was superior to that of LPV/RTV-IFN β
185 against MERS-CoV in terms of viral load reduction and improvement in extent
186 of pathologic change in lung tissue.³¹ In addition to gastrointestinal adverse
187 effects (nausea, vomiting, and diarrhea) induced by LPV/RTV, it is noteworthy
188 that LPV/RTV treatment alone (400/100 mg administered orally twice daily for
189 14 days; Chinese Clinical Trial Register number, ChiCTR2000029308) failed to
190 provide benefits compared to standard care alone. Median time to clinical
191 improvement in both cases was 16 days (hazard ratio [HR], 1.31; 95%
192 confidence interval [CI], 0.95 to 1.85; $P=0.09$) and there was no difference in
193 the reduction of viral RNA loading for severe SARS-CoV-2 patients.³²

194 Despite discouraging results, it is intriguing that a slightly lower number of
195 deaths was observed in the group receiving LPV/RTV in the late stage of
196 SARS-CoV-2 infection compared with the standard-care group. Moreover,
197 Baden and Ruben (2020) and Sheahan *et al.* (2020) suggested that the
198 LPV/RTV concentration necessary to inhibit pulmonary SARS-CoV-2
199 replication might be higher than the serum level.^{31,33} A randomized, controlled
200 open-label trial was launched in China to evaluate the efficacy of LPV/RTV
201 (200/50 mg twice a day) among hospitalized patients with SARS-CoV-2
202 infections in 2020 (ChiCTR2000029308). The role of darunavir (Janssen

203 Pharmaceutica, Beerse, Belgium), also a promising PI against SARS-CoV-2 *in*
204 *vitro*, needs to be further evaluated.³⁴ Ribavirin in combination with interferon- α
205 2b was shown to be active against MERS-CoV in a rhesus macaque model.³⁵
206 Additionally, the regimen of LPV/RTV plus ribavirin was shown to be effective
207 against SARS-CoV in patients and in tissue culture.³⁶

208

209 **Chloroquine, hydroxychloroquine, and azithromycin**

210 Chloroquine is active against malaria as well as autoimmune diseases (such
211 as rheumatoid arthritis [RA], lupus erythematosus). It was recently reported as
212 a potential broad-spectrum antiviral drug for treatment of viruses such as
213 influenza H₅N₁ in an animal model.³⁷ Chloroquine was shown to increase
214 endosomal pH, which prevents virus/cell fusion. It also interferes with the
215 glycosylation of cellular receptors of SARS-CoV.^{38,39} Although the *in vitro* data
216 of chloroquine is promising (EC₉₀ of 6.90 μ M, using Vero E6 cells infected by
217 SARS-CoV-2), an extensive prescription of chloroquine in clinical treatment of
218 SARS-CoV-2 is a completely off-label use. It is not recommended in light of
219 safety concerns (adverse effects on the hematologic, hepatic and renal
220 systems, QTc prolongation with ventricular dysrhythmia) and will likely result in
221 a major shortage of anti-malarial armamentaria.⁴⁰

222 Hydroxychloroquine is also proposed to control the cytokine storm that
223 occurs in critically ill late phase SARS-CoV-2 infected patients.⁴¹
224 Hydroxychloroquine is significantly more potent than chloroquine *in vitro* (EC₅₀
225 values: 0.72 and 5.47 μ M, respectively) and has lower potential for drug-drug
226 interactions than chloroquine. Pharmacokinetic models demonstrate that
227 hydroxychloroquine sulfate is significant superior (5 days in advance) to
228 chloroquine phosphate in inhibiting SARS-CoV-2 *in vitro*.⁴¹ The Taiwan CDC
229 declared hydroxychloroquine as an important anti-SARS-CoV-2 agent on 26
230 March, 2020. Of note, patients with retinopathy, deficiency of
231 glucose-6-phosphatase, QTc prolongation in electrocardiograms, history of
232 allergy to hydroxychloroquine or who are pregnant or breastfeeding are
233 contraindicated for receiving hydroxychloroquine therapy.⁴²

234 Azithromycin (Pfizer Inc., Manhattan, New York City, NY, USA) was shown
235 to be active *in vitro* against Ebola viruses.⁴³ Furthermore, azithromycin is
236 thought to have good potential in preventing severe respiratory tract infections
237 among pre-school children when it is administrated to patients suffering viral
238 infection.⁴⁴ According to one recent study, azithromycin (500 mg on day 1,
239 followed by 250 mg per day on day 2-5) was shown to significantly reinforce
240 the efficacy of hydroxychloroquine (200 mg three times per day for 10 days) in

241 the treatment of 20 patients with severe COVID-19. Mean serum
242 hydroxychloroquine concentration was 0.46 ± 0.20 $\mu\text{g/mL}$. The good clinical
243 outcome among these COVID-19 patients was thought to be due to the
244 excellent efficiency of virus elimination after administration of this combination
245 therapy.⁴² Consequently, the regimen of hydroxychloroquine in combination
246 with azithromycin might be a promising alternative to remdesivir in the
247 treatment of patients with SARS-CoV-2 infection in the future. Nevertheless,
248 the possibility of complicated QTc prolongation should be concerned.

249

250 **Teicoplanin and other glycopeptides**

251 The other antibiotics worth mentioning in this review are glycopeptides.
252 Teicoplanin (Sanofi Pharmaceuticals, Paris, France) was demonstrated to
253 potently prevent the entry of Ebola envelope pseudotyped viruses into the
254 cytoplasm, and also has an inhibitory effect on transcription- as well as
255 replication-competent virus-like particles in the low micromolar range (IC_{50} ,
256 330 nM).⁴⁵ Moreover, teicoplanin is able to block the MERS and SARS
257 envelope pseudotyped viruses as well.⁴⁵ Mechanistic investigations revealed
258 that teicoplanin specifically inhibits the activities of host cell's cathepsin L and
259 cathepsin B, which are responsible for cleaving the viral glycoprotein allowing

260 exposure of the receptor-binding domain of its core genome and subsequent
261 release into the cytoplasm of host cells.^{46,47} Thus, teicoplanin blocks Ebola
262 virus entry in the late endosomal pathway. These studies indicate the potential
263 role of teicoplanin and its derivatives (dalbavancin, oritavancin, and telavancin)
264 as novel inhibitors of cathepsin L-dependent viruses.

265 A brief summary of the mechanism of action and targets of potential
266 antimicrobial agents against SARS-CoV-2 is shown in **Table 1**.

267

268 **Monoclonal or polyclonal antibodies and other therapies**

269 Monoclonal or polyclonal antibodies have been suggested as prophylactic and
270 therapeutic tools (targeting hemagglutinin binding) against some viral
271 infections, such as influenza.⁴⁸ Current efforts in developing monoclonal and
272 polyclonal antibodies against coronaviruses mainly target MERS-CoV.¹⁸ For
273 example, a human polyclonal antibody SAB-301 (50 mg/kg) that was
274 generated in transchromosomal cattle was observed to be well tolerated and
275 safe in healthy participants of a phase 1 clinical trial.⁴⁹ However, Cockrell *et al.*
276 (2016) observed that immune-based therapy with human monoclonal
277 antibodies only provided protection against early stage disease caused by
278 MERS-CoV in mouse models.^{19,50}

279 Numerous *in vitro* studies have shown that the spike protein of SARS-CoV
280 is important in mediating viral entry into target cells. Furthermore, the cleavage
281 and subsequent activation of the SARS-CoV spike protein by a protease of the
282 host cell is absolutely essential for infectious viral entry.⁵¹ Type II
283 transmembrane serine protease TMPRSS2 was suggested to be an important
284 host protease that cleaves and activates the SARS-CoV spike protein in cell
285 cultures, and was thus explored as a potential antiviral agent.¹⁸ In the past
286 decade, the serine protease inhibitor camostat mesylate was shown to inhibit
287 the enzymatic activity of TMPRSS2.⁵² Additionally, the cysteine PI K11777
288 showed promising potency in inhibiting MERS-CoV and SARS-CoV replication
289 within the submicromolar range.⁵³

290 Use of stem cells against COVID-19 has been under evaluation in China
291 recently. Additionally, tocilizumab (Roche Pharmaceuticals, Basel, Switzerland)
292 is a monoclonal antibody that is used in the treatment of RA exacerbation. It
293 was designed to inhibit the binding of interleukin-6 to its receptors, thus
294 alleviating cytokine release syndrome. Currently, it is also being investigated
295 for treatment of COVID-19.⁵⁴

296

297 **Convalescent plasma**

298 Convalescent plasma has also been used as a last resort to improve the
299 survival rate of patients with various viral infections, such as SARS, H₅N₁ avian
300 influenza, pandemic 2009 influenza A H₁N₁ (H₁N₁ pdm09), and severe Ebola
301 virus infection.^{55,56} One possible explanation for the efficacy of convalescent
302 plasma therapy is that the immunoglobulin antibodies in the plasma of patients
303 recovering from viral infection might suppress viremia. Shen *et al.* (2020)
304 reported on five critically ill patients with laboratory-confirmed COVID-19 and
305 acute respiratory distress syndrome (ARDS) who received transfusion with
306 convalescent plasma with a SARS-CoV-2-specific antibody (binding titer
307 >1:1000 and neutralization titer >40). The convalescent plasma was obtained
308 from 5 patients who recovered from COVID-19 and it was administered to the
309 five enrolled patients between 10 and 22 days after admission. Antiviral agents
310 and methylprednisolone were also administered. Following plasma
311 transfusions, improvements in clinical condition were observed, including
312 normalization of body temperature within 3 days (in 4/5 patients), decrease in
313 Sequential Organ Failure Assessment score, rise in PaO₂/FiO₂, resolution of
314 ARDS (4 patients at 12 days after transfusion), a success of weaning from
315 mechanical ventilation (3 patients within 2 weeks of treatment), and decline in
316 viral loads (became negative within 12 days) and increase in SARS-CoV-2-

317 specific ELISA and neutralizing antibody titers. Of the 5 patients, 3 were
318 discharged from the hospital (lengths of stay: 53, 51, and 55 days), while 2
319 were in stable condition at 37 days after transfusions.⁵⁶ The authors concluded
320 that use of convalescent plasma transfusion is beneficial among patients
321 infected with SARS-CoV-2, even though the sample number in this study is
322 small.⁵⁶

323

324 **Herbal medications**

325 Based on the historical records and anecdotal evidence of SARS and H₁N₁
326 pdm09 prevention, Chinese herbal drugs were also considered as an
327 alternative approach for prevention of COVID-19 in high-risk populations.
328 However, clinical evidence for these treatments in the prevention of this
329 emerging viral infection is lacking.^{57,58} During the COVID-19 outbreak in China,
330 some traditional Chinese medicine was widely used, and the six most
331 commonly used herbal medicines were *Astragali Radix* (Huangqi),
332 *Glycyrrhizae Radix Et Rhizoma* (Gancao), *Saposhnikoviae Radix* (Fangfeng),
333 *Atractylodis Macrocephalae Rhizoma* (Baizhu), *Lonicerae Japonicae Flos* and
334 *Fructus forsythia* (Lianqiao). However, rigorous clinical trials on large
335 populations should be conducted to confirm the potential preventive effect of

336 Chinese medicine.^{57,58}

337

338 **Antimicrobial agents for potential co-infection**

339 The prevalence of co-infection varied among COVID-19 patients, ranging from

340 0% to 50% among non-survivors. Reported co-pathogens included bacteria,

341 such as *Mycoplasma pneumoniae*, *Candida* species, and viruses (influenza,

342 rhinovirus, coronavirus, and HIV). Influenza A virus was the commonest

343 co-infective virus.⁵⁹ Co-administration of anti-influenza agents and

344 anti-bacterial agents in patients with COVID-19 pneumonia was common.⁵⁹

345 Consequently, a cautious prescription of effective antibiotic(s) covering

346 *Staphylococcus aureus* (including methicillin-resistant *S. aureus*),

347 multidrug-resistant *Streptococcus pneumoniae*, *Klebsiella pneumoniae*, and

348 *Pseudomonas aeruginosa* as well as *Acinetobacter baumannii* species for

349 patients undergoing long hospitalization (> 6 days) is advised.^{60,61}

350

351 **Other considerations and precautions regarding concomitant**

352 **medication**

353 Based on the research of Yang *et al.* (2020),⁶² the most distinctive

354 comorbidities among the non-survivors of COVID-19 in intensive care units

355 were cerebrovascular disease and diabetes. Similar findings were also
356 observed by Guan *et al.* (2020);⁶³ these patients were usually treated with ACE
357 inhibitors or angiotensin II type I receptor blockers (ARB). As mentioned
358 above,^{5,12} SARS-CoV-2 and SARS-CoV can bind to their target cells through
359 ACE2 receptors expressed by the epithelial cells of lung, intestine and
360 kidney.⁶⁴ Consequently, careful administration of an ACE inhibitor or ARB for
361 patients with SARS-CoV infection in the absence of ARDS is advised.

362 Additionally, despite conflicting advice from the US Food and Drug
363 Administration,⁶⁵ the use of non-steroidal anti-inflammatory drugs (NSAIDs),
364 such as ibuprofen, was thought to be likely to result in an induction of
365 increased ACE2 receptors.⁶⁶ For critically ill adults with COVID-19 who
366 develop fever, acetaminophen might be a better choice for temperature control
367 than NSAIDs.⁶⁷ Of note, according to a study by Wu *et al.* (2020), treatment of
368 COVID-19 patients with methylprednisolone was shown to decrease the
369 case-fatality risk (HR, 0.38; 95% CI, 0.20-0.72).⁶⁸ However, the administered
370 dose of methylprednisolone is not specified in that investigation. Despite a lack
371 of supporting evidence, some critical care experts advocate the use of
372 low-dose corticosteroid therapy in adults with COVID-19 and refractory shock
373 (e.g., intravenous hydrocortisone 200 mg per day, as a “shock-reversal”

374 strategy).⁶⁸

375 Moreover, a recent report by Tang *et al.* (2020) demonstrated that
376 anticoagulant therapy with heparin (mainly with low molecular weight heparin)
377 was associated with better prognosis in severe COVID-19 patients. The
378 28-day mortality of heparin users was lower than that of non-users among
379 patients with sepsis-induced coagulopathy scores ≥ 4 (40.0% vs. 64.2%,
380 $P=0.029$), or D-dimer > 6 -fold the upper limit of normal (32.8% vs. 52.4%,
381 $P=0.017$).⁶⁹

382 Finally, high ACE2 activity is associated with reduced severity of ARDS
383 among patients with lower respiratory tract infection caused by RSV.⁷⁰ Fedson
384 *et al.* (2016, 2020) observed that statins target the host response to infection
385 (endothelial dysfunction) rather than the virus itself, and suggested that
386 combination therapy with ARB and statins might accelerate a return to
387 homeostasis, allowing patients to recover on their own.^{71,72}

388

389 **Conclusions**

390 In summary, we are facing a terrible virus with greater infectivity than the
391 SARS-CoV pandemic of 2003. There is presently no vaccine or documented
392 specific anti-SARS-CoV-2 drug regimen to treat critically ill patients. Most of

393 the potential drugs for treatment of COVID-19 are being investigated for safety
394 and efficacy against SARS-CoV-2. Remdesivir is the most promising agent. In
395 addition, favipiravir and combination therapy with hydroxychloroquine plus
396 azithromycin appear to be acceptable alternatives for treatment of COVID-19
397 patients. For patients with SARS-CoV-2 infection, ACE inhibitor and ARB need
398 to be prescribed with caution. Compared with NSAIDs, acetaminophen might
399 be a safer agent for treating fever in COVID-19 patients. Finally, low-dose
400 steroid (hydrocortisone) might be prescribed for treatment of refractory shock
401 in patients with COVID-19.

402

403 **Statement of interests**

404 The authors declare that they have no conflicts of interest.

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407

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667 **Table 1** Mechanisms of action and targets of potential treatment agents for SARS-CoV-2 infections

Mechanism of action and targets	Drugs
Inhibition of the RNA-dependent RNA polymerase	Remdesivir Favipiravir Ribavirin
Inhibition of spike protein on SARS-CoV-2 (non-endosomal pathway)	TMPRSS2 inhibitor (camostat mesylate)
Inhibition of endosomal acidification (early endosomal pathway)	Chloroquine, hydroxychloroquine (azithromycin is reported to greatly enhance the anti-SARS-CoV-2 activity of hydroxychloroquine)
Inhibition of viral exocytosis	Interferon- α 2a Interferon- β 1b
Inhibition of papain-like protease and 3C-like protease	Lopinavir/ritonavir
Inhibition of cathepsin L and cathepsin B in host cells (late endosomal pathway)	Teicoplanin (other glycopeptides including dalbavancin, oritavancin, and telavancin)
Enhancement of the anti-SARS-CoV-2 activity of hydroxychloroquine	Azithromycin

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