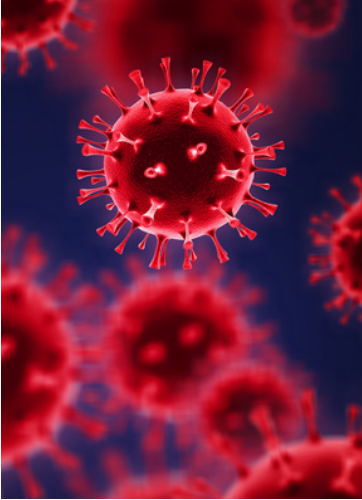


Metformin Treats COVID-19



I have COVID-19! What's an effective treatment?

Most people infected with COVID-19 get mild symptoms and can recover at home. But if you're older than 50, haven't had COVID or a COVID vaccination recently, or have a weakened immune system or chronic disease, you may be at risk of serious illness. Treatment options are available:

- **Paxlovid** is an antiviral drug that's widely known as an effective COVID-19 treatment — but it may be difficult to get, and may interact with medications you're already taking.
- **Metformin** is a common diabetes drug that's inexpensive, safe, and available worldwide. It has also been shown to reduce serious COVID-19 symptoms.

Tell me more about metformin for COVID-19!

The COVID-OUT clinical trial organized by the University of Minnesota included more than 1,300 individuals with COVID-19. The participants were 30-85 years old with overweight or obesity, vaccinated and unvaccinated. The following results were reported:

- Metformin reduced serious outcomes (emergency room visits, hospitalization, and death) by over 50% when taken within 3 days of symptoms and by 42% when taken within 7 days.
- Metformin reduced Long COVID by 63% when taken within 4 days after symptoms start.
- Metformin is safe for pregnant women.

The trial used 2 weeks of treatment with 500 mg pills with food (one pill once a day on day 1, twice a day for 4 days, then 500 mg in the a.m. and 1,000 mg in the p.m. for 9 days).



How can I get metformin?

Metformin is a commonly prescribed medicine, but you will need to talk to your doctor about prescribing it to treat COVID-19.

- The Parsemus Foundation COVID-19 webpage: parsemus.org/COVID19
- New England Journal of Medicine: bit.ly/49Kg6pp
- The Lancet: bit.ly/47IN1tQ