

# Recommendations for isolated sudden onset anosmia



ANY PATIENT WITH A SUDDEN ONSET LOSS OF SMELL



Often associated with loss of taste

**WITHOUT OTHER NASAL SYMPTOMS**

*(i.e. nasal obstruction, postnasal drip)*

Should be considered to be COVID-19 positive



## Patient

- Stay confined at home
- Keep looking for symptoms (cough, fever) and emergency warning signs (trouble breathing)



## Physician

- Do not prescribe nasal or systemic corticosteroids
- Do not prescribe nasal lavage as it does not improve olfactory recovery. While studies have not proven this risk, it would be wise to avoid sinus irrigation device as it can harbor active COVID-19 droplets for hours, potentially increasing the spread of the virus

Smell training should be promoted to improve olfactory recovery even if the prognosis seems to be favourable



Design open labelled bottles with selected odorants (see right)



Get them from your grocery store



Read the product name before smelling it 2 to 3 times a day to let your sensory brain system a training time to integrate both visual and olfactory information



Vanilla



Coffee



Dill



Thyme



Cinnamon



Cloves



Lavender



Coriander



Mint



Cumin



Light vinegar