

Preventative & Early Out-patient Treatment Protocol for COVID-19 Patient Instructions

Preventative Treatment

Notes: Visit [goodrx.com](https://www.goodrx.com) to get discount coupons on your prescription medications

- Ivermectin
 - Adult dosage 12 mg per week
 - Child: based on weight
- Post COVID-19 exposure prevention 0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours*

Supplements: Found in your COVID Prevention & Treatment Pack

- Vitamin D
 - Take 8-10,00 IU per day
- Vitamin C
 - Take 1,000 mg twice a day
- Vitamin A
 - Take 10,000 IU per day
- Zinc
 - Take 30 mg per day (works best if taken with green tea or quercetin)
- Melatonin
 - 1-3mg at night
- NAC
 - 600mg a day

Early Out-patient Treatment

Days 1-3

Prescription Medications:

- **Ivermectin Adult** (under 131 pounds)
 - Take 12 mg (4 tablets) immediately
 - Take 12 mg (4 tablets) 48 hours later (Day 3 of illness)
 - Take 12 mg (4 tablets) Day 7 of illness
 - Total of 3 dosages over 1 week
 - May need a refill if symptoms persist longer
- **Fluvoxamine**
 - 50 mg taken twice per day for 14 days

Note: Avoid caffeine intake while using Fluvoxamine

- **Vitamin D**
 - Take 20,000 IU per day
- **Vitamin C**
 - Take 1,000 mg EVERY WAKING hour until stools become loose
- **Vitamin A**
 - Take 50,000 IU per day (do NOT exceed 10,000 IU per day if pregnant)
- **Vitamin B1 (thiamine)**
 - Take 200 mg 3 times per day
- **Selenium**
 - 200 mcg per day
- **Zinc**
 - Take 90-100 mg per day (works best if taken with green tea or quercetin)
- **Quercetin** (take at the same time as zinc)
 - Take 500 mg twice per day
- **NAC (N-acetyl-cysteine)**
 - Take 1600 mg twice per day

NOTE: *If NAC is not available then take glutathione

- **Glutathione (NOW)**

- 500-700 mg twice per day

OR

- **Liposomal Glutathione**
 - 250 mg twice per day
- **Aspirin 325 mg** (only start taking once fevers have broken)
- **Melatonin**
 - Day 1 of treatment: take 10 mg
 - Day 2: take 20 mg
 - Day 3: take 30 mg
 - Then take 6-10 mg per day until all symptoms have been clear 48 hours.

Nutrition & Lifestyle Tips

- **Get sleep**
 - Allow your body to rest as much as possible
- **Eat simple cooked foods such as broth, soups or cooked meat & vegetables**
 - When the body is sick it needs all the energy to go toward fighting the infection instead of digesting a heavy meal
- **Take all of your medications and supplements**
 - The key is to hit it hard and fast in the beginning
- **Have someone take care of you**
 - Be at home with another person so they can evaluate if you need more support
- **Drink water and include electrolytes**
 - Consider something like Liquid I.V. Electrolyte drink mix or electrolyte tablets
- **DO NOT Suppress a fever See handout “Natural Management of Fevers”**
 - Do not suppress any fever under 105 F. This goes for kids & Adults
 - Fevers are an important part of the immune systems’ way to fight infection
 - Encourage fevers using hydrotherapy –see handout

How to use a home pulse oximeter correctly

- ❖ 94-100% is normal
- ❖ Under 94% may require hospitalization
- Use the index or middle finger
- Avoid the toes or ear lobe
- Only accept values associated with a strong pulse signal
- Observe readings for 30–60 seconds to identify the most common value
- Remove nail polish from the finger on which measurements are made
- Warm cold extremities prior to measurement

**Additional Medications if you begin having any symptoms or trouble breathing
OR if late onset treatment Day 4-7**

- **Methylprednisolone**
 - 24 mg taken for 5 days
 - Then taper down over 1 week
- **Dexamethasone**
 - Take 6 mg per day for 5 days
 - After 5 days Taper down ½ tablet for 2 days, ½ tablet every other day for another 3 days.
- **Budesonide**
 - 2 puffs twice per day USE with an Air chamber

OR

- Nebulized

Anti-histamine – lowers serotonin

- **Cyproheptadine**
 - Take 8mg three times per day

Call our office IMMEDIATELY if you have any of the following:

- The first sign of shortness of breath or difficulty breathing
- Unrelenting fever after 3 days
- Diarrhea or loose stools that won't go away

Report the hospital immediately if you have the following:

- Sudden onset of shortness of breathe
- High blood pressure that cannot be controlled
- Throbbing or cramping pain in 1 leg (rarely both legs), usually in the calf or thigh.
- Swelling in 1 leg (rarely both legs)
- Warm skin around the painful area.
- Red or darkened skin around the painful area.
- Swollen veins that are hard or sore when you touch them.
- Sudden drop in pulse oximeter that fails to come up
- Severe dehydration (dizziness, lack of urine, sunken eyes)