Covid-19 Prevention and Treatment Options*
*This information is not medical advice. Contact a physician to prevent or treat any disease.

**Prescriptions**

- **Ivermectin** – prevention: .2 mg/kg body weight 2/week while disease risk is high
  - exposure: .4 mg/kg body weight day one and repeat 48 hours later
  - treatment: .4 to .6 mg/kg body weight for 5 days or until recovered
- **Hydroxychloroquine HCQ** – prevention: 400 mg/week + 50 mg zinc/day; treatment: 200 mg 2x/day w/ 50 mg zinc/5 days
- **Prednisone** – treatment: start with 90 mg for 5 days then taper doses down as prescribed or use Methylprednisolone
- **Azithromycin (Z-pak)** – treatment: 500 mg/day for 3+ days OR doxycycline 100 mg 2/day 7 days
- **Fluvoxamine** – treatment: 50 mg twice/day for 10-14 days (avoid if on SSRIs and taper to discontinue)
- **Fenofibrate** – treatment: 135 to 145 mg/day
- **Periactin** – treatment: 4 mg 2-4x/day
- **Dutasteride** – treatment (inhaled): 1 mg/2cc solution via nebulizer 2/day for 7 days or more
- **Colchicine** – treatment: .6 mg 2-3 /day for 5-7 days
- **Benzonatate** – if needed for cough
- **Blood thinner** – treatment: Enoxaparin (Lovenox) injected 2x/day if needed
- **Professional Oxygen Concentrator 5L – 10L unit** (overnight delivery from Direct Home Medical)
- **Monoclonal Antibodies** – NOTE: some versions are tested with aborted fetal cell.

**Supplements/OTC**

- **Vitamin C** - 1000 mg twice/day
- **Vitamin D3/K** – 4,000 to 5,000 IU/day to keep D levels between 60 – 100
- **Vitamin A** – 8000 IU – 2/day for 5 days then 2/day
- **Vitamin B complex**
- **Zinc** – prevention: 50 mg/day; or 25 mg twice/day; treatment: 75-100 mg/day
- **Quercetin** - 250 mg twice/day
- **N.A.C.** – prevention: 600 mg/day; treatment: 600 mg x 4/day for week, 3/day for week, 2 per day for week, 1 per day
- **Magnesium** – 400 mg/day
- **Famotidine (Pepcid)** – treatment: 40-80 mg 2 times/day (also available by prescription)
- **Aspirin** - prevention: 81 mg/day; treatment 325 mg/day (unless bleeding problems or are on other blood thinners)
- **Melatonin** – prevention: 5-6 mg before bedtime; treatment: 10-20 mg before bedtime
- **Epigallocatechin-gallate (EGCG)** – 400 mg/day for 7 days
- **Elderberry extract (Sambucus Nigra)** – 2 tsp/day
- **Black cumin seed (nigella sativa)** – 1/2 tsp 3 times/day, with 5 TBLS/honey (chew or crush – may not absorb if whole)
- **Organic Cold Compressed Black Seed Oil** – 1 tsp with 1 tsp raw honey and 2 tsp elderberry syrup
- **Probiotic**
- **Mouthwash** – prevention: twice/day;
  - treatment: 3 x/day: (Scope, Act, Crest, povidone-iodine 1% solution, Listerine w/ essential oils)
  - iClean iodine gargle, every 4 hours (for exposure, not for long-term use)
- **Nasal rinse** – treatment: 3 times/day 1/4 tsp 10% povidone/iodine wound wash in 2 tsp saline in irrigation bottle/syringe
- **Betadine Cold Defense Nasal Spray** (for exposure, not for long-term use)
- **Steamed essential oil inhalation** 3 times/day (e.g. VapoRub)
- **Honey + 2-3 drops of oregano essential oil + Thieves oil (or rosemary/clove) oil** – hold in mouth 2 minutes then swallow
Colace – 2-4 tabs if needed for constipation
Silver Biotics liquid – rinse mouth for 6 minutes if needed for oral candidiasis

Other

Pulse Oximeter to monitor oxygen saturation
Nebulizer for use with breathing treatments such as budesonide and Atrovent (VitalityMedical.com has many options)
Home Oxygen Concentrator – 1L @ 90% or more (Dedajk is a popular brand)
Fever thermometer
Epocrates website and app on Apple or Google Play to check drug interactions
Sleep in a prone position to improve oxygen saturation
Walk, sit outside and open windows to breathe fresh air when possible
Hydrotherapy/Fomentation

Recovery After Covid-19

FLCCC I-Recover Protocol
Airofit device for improving lung function
Glutathione IV Therapy
Cellgevity supplement
NTFactor Lipids Powder
Immune Support supplements

Information Sources

America’s Frontline Doctors
MyFreeDoctor
Front Line COVID-19 Critical Care Alliance
Dr. Mark Sandoval
C19Early.com

Dr. Vladimir Zelenko
Colbert Institute
Peter McCullough, M.D.
Liberty Counsel Vaccine Information

*Treatment will depend upon severity and symptoms. Always follow a competent physician’s advice.