

Covid-19 Prevention and Treatment Options*

*This information is not medical advice. Contact a physician to prevent or treat any disease.

[America's Frontline Doctors](#)

[Covid19CriticalCare](#) physician list

[FLCCC](#) pharmacy list for ivermectin

[MyFreeDoctor.com](#)

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

Budesonide – 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

Dutasteride – treatment: .5 mg/day for 14 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 cells.

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](#) or [The Breather](#) 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 \(FLCCC\)](#)

[Dr. Mark Sandoval](#)

[C19Early.com](#)

[Zelenko Institute](#)

[Colbert Institute](#)

[Peter McCullough, M.D.](#)

[Liberty Counsel Vaccine Information](#)

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