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 HClQ) - prevention: 400 mg/week + 50 mg zinc/day; treatment: 200 mg 2xday w/ 50 mg zinc/5 days
Prednison – 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)
Monoclo

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.*