

Covid-19 Prevention and Treatment*

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

[MyFreeDoctor](#)

[Text2Md](#) or text 855-767-8559

[America's Frontline Doctors](#)

[PushHealth](#) (check that medications you need are available before ordering)

[HoneybeeHealth](#) (connects you to a provider after you select desired prescriptions)

Medication

Ivermectin –

prevention: .2 mg/ kg body weight twice weekly 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 daily for 5 days or until recovered

Hydroxychloroquine (HCQ) -

prevention: 400 mg weekly + 50 mg zinc/day

treatment: 200 mg twice/day 5 days, with 50 mg zinc/day

Aspirin - prevention: 81 mg/day (unless bleeding problems or are on other blood thinners)

treatment 325 mg/day (unless bleeding problems or are on other blood thinners)

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 SSRI)

Famotidine (Pepcid) – OTC treatment: 80 mg 3/day

Fenofibrate – treatment: 145 mg/day

Budesonide – treatment (inhaled): 1 mg/2cc solution via nebulizer 2/day for 7 days

Colchicine – treatment: .6 mg 2-3 /day for 5-7 days

Supplements

Vitamin C - 1000 mg twice/day

Vitamin D3 – 4,000 to 5,000 IU/day

Zinc – prevention: 50 mg/day; or 25 mg twice/day; treatment: 100 mg/day

Quercetin - 250 mg twice/day

N.A.C. – 600 mg/day

Melatonin – prevention: 6 mg before bedtime; treatment: 10 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 (black cumin seed can be chewed or crushed but may not absorb if swallowed whole)

Other

Pulse Oximeter to monitor oxygen saturation

Mouthwash – prevention: twice/day;

treatment: 3 x/day: (Scope, Act, Crest, povidone-iodine 1% solution, Listerine w/ essential oils)

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)

iClean iodine gargle, every 4 hours (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 (or rosemary/clove) oil – hold in mouth 2 minutes before swallowing

Hydrotherapy/Fomentation treatments

Information Sources

[America's Frontline Doctors](#)

[Dr. Mark Sandoval](#)

[MyFreeDoctor](#)

[Dr. Vladimir Zelenko](#)

[Front Line COVID-19 Critical Care Alliance](#)

[Liberty Counsel Vaccine Information](#)