



Covid-19 (SARS-CoV-2) PREVENTION & TREATMENT PROTOCOLS

Prevention Regimen Supplements (PRS): (Reduce by ½ if under 15 years of age)

1. Vitamin D3- 2000 IU daily
2. Vitamin C – 1000 mg daily
3. Zinc - 50 mg daily
4. Quercetin - 500 mg daily
5. Melatonin – 3-6 mg daily at night

Treatment Options for Symptomatic Illness:

1. Rest, good hydration with oral fluids, acetaminophen as needed.
2. Vitamin C - 1000 mg twice daily for 7 days. (Double the PRS)
3. Vitamin D three 2000 to 4000 IU's twice daily for 7 days. (Double the PRS)
4. Quercetin 500 mg twice daily for 7 days. (Double the PRS)
5. Zinc - 50 mg 2x daily. (Double the PRS)
6. Aspirin- 325 mg daily for 10-14 days.
7. N=acetyl cysteine 600 mg 2x daily for 7 days.

Additional prescription options for higher risk patients age over 60, any comorbidities or serious symptoms following Symptomatic Illness:

1. hydroxychloroquine (HCQ)200 mg 2x daily for 5-7 days
2. Azithromycin 250 mg 2x daily for 5 days or doxycycline 100 mg 2x daily for 5-7 days.

Additional prescription options custom tailored for more severe symptomatic illness or lung conditions:

1. Ivermectin 6 mg 2x daily for 1 day.
2. Dexamethasone 6 mg 1x daily for 5-7 days.
3. Budesonide 1 mg/2cc solution via nebulizer 2x daily for 7 days.
4. Blood thinners (Eliquis or Xarelto).
5. Home oxygen.
6. Home IV fluids.

After exposure in close quarters, and then prophylactic/preventive treatment:

1. Ivermectin 6 mg 1x daily on days 1 and 3. Then, one dose every 2 weeks.
2. Hydroxychloroquine 200 mg daily for 5 days and then one dose every week.

Presented by:

Dr. Gordon Donaldson, Osteopathic Physician – Morgantown Family Practice, Morgantown, PA. –
Independent Front-Line Doctor committed to keeping the Hippocratic oath.

*As offered and referred to on American Pastors Network, Stand in the Gap Today national Radio
Program – Hon Sam Rohrer, Host Jan 2021*