

# Covid-19 Prevention and Treatment Protocols

## **Prevention supplements** (under 15 years old cut the doses in half).

1. Vitamin D3 5000 IU daily.
2. Vitamin C 1000 mg. daily.
3. Zinc 50 mg. daily.
4. Quercetin 500 mg. daily.
5. Melatonin 3-6 mg. at night.

## **Treatment options for patients with symptomatic illness (under 15 half dose).**

1. Rest, good hydration with oral fluids (water, Body Armour, Bai, or Vitamin water), acetaminophen as needed.
2. Vitamin C 1000 mg. twice daily until symptom free.
3. Vitamin D3 5000 IU twice daily until symptom free.
4. Quercetin 500 mg. twice daily until symptom free.
5. Zinc 50 mg. twice daily.
6. Aspirin 325 mg. daily for 14- 21 days.
7. N-acetyl cysteine 600 mg. or L-glutathione 500 mg. twice daily until symptom free.
8. Melatonin 10 mg. at night.

## **Additional prescription options for higher risk patients age > 60, any co-morbidities or serious symptoms.**

1. Hydroxychloroquine (HCQ) 200 mg. twice daily for 5-10 days.
2. Ivermectin 6 to 12 mg. twice a day for 1 day and repeat in 2 days 1 or 2 times.
3. Fluoxamine 50 mg. twice a day for 7-10 days.
4. Dexamethasone 6 mg. once daily or in a split dose for 5-10 days.
5. Budesonide 3 mg. cap. 1-2 twice daily for 5-10 days.
6. Azithromycin 250 mg. twice daily for 5 days or doxycycline 100 mg. twice daily for 5–7 days.

## **Additional prescription options custom tailored for more severe symptoms or lung conditions.**

1. Albuterol inhaler at 2 puffs every 4-6 hours as needed.
2. Symbicort inhaler (bronchodilator with budesonide) at 2 puffs twice a day.
3. Albuterol 2.5 mg/ 3 ml solution via nebulizer every 4-6 hours.
3. Budesonide 1 mg/2 cc solution via nebulizer twice daily for 7-10 days.
4. Blood thinners (Eliquis or Xarelto).
5. Home oxygen usually via O2 concentrator.
6. Home IV fluids.

## **After exposure in close quarters, and then prophylactic treatment.**

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

## ***Treating the adverse reactions from the shot is similar to treating the illness.***

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- Updated 8/30/21

- As offered and referred to on the [Stand in the Gap Today](#) national radio program titled, "*Q and A With my Family Doc*".