



# SARS-CoV-2 Prevention and Treatment Protocol

## SYMPTOMS

COVID-19 should be suspected in people who have 1 or more of the following symptoms, regardless of COVID-19 vaccination:

- Cough
- Shortness of breath (difficulty breathing)
- Fever or chills
- **Loss of smell or taste**
- Muscle or body aches
- Headache
- Sore throat
- Runny nose (not from allergies)
- Fatigue

## HOME CARE TREATMENT ADVICE

**\*\*Rest and hydration are essential during symptomatic illness**

Drink at a minimum 2-4 ounces of fluid every 15 minutes. Water, clear liquid beverages with calories/protein, oral rehydration solutions (BAI and Body Armour are recommended options)

Small healthy meals are encouraged throughout the day if tolerated

\*Supplements can be found online through vitaCost, Puritains Pride, Swanson Health Products, ect.

\*Natural Food stores

## **PREVENTION SUPPLEMENTS >15 YEARS OF AGE (DISCUSS WITH PROVIDER IF <15 YEARS OF AGE)**

- ✓ **Vitamin D3 5000 IU**- once daily
- ✓ **Vitamin C 1000 mg**- once daily
- ✓ **Zinc 50 mg**- once daily
- ✓ **Quercetin 500 mg** -once daily
- ✓ **N-acetylcysteine 600 mg**-once daily
- ✓ **Melatonin 5 mg**- once daily at night

## **TREATMENT OPTIONS FOR SYMPTOMATIC ILLNESS WITH LOW-MODERATE RISK ASSESSMENT**

- ✓ **Vitamin D3 5000 IU**- twice daily for 14 days
- ✓ **Vitamin C 1000 mg**- twice daily for 14 days
- ✓ **Zinc 50 mg**-twice daily for 14 days
- ✓ **Quercetin 500 mg**-twice daily for 14 days
- ✓ **Melatonin 10 mg**- once daily at night
- ✓ **Acetaminophen 325-650 mg**- every 4 hours as needed for pain or fever >102 F.
- ✓ **Aspirin 325**- once daily for 14 days **(Consult with provider prior to taking)**
- ✓ **N-acetylcysteine 600 mg OR L-glutathione 500 mg**- twice daily for 14 days

## **HIGH RISK PATIENTS >60 YEARS OLD WITH 1 OR MORE PRE-EXISTING COMORBIDITY OR ACUTE SYMPTOMS**

**[Please contact provider for further evaluation and treatment of symptoms promptly]**