

Covid-19 Prevention and Treatment*

*The information below is not medical advice. Contact a physician for treatment to prevent or treat any disease.

Medical Help

MyFreeDoctor.com

<https://speakwithanmd.com/americasfrontlinedoctors/>

PushHealth.com (check first to see if the medications you need are

available)HoneybeeHealth.com (pharmacy will connect you to

telemedicine provider)

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.

[Example: $1 \text{ kg} = 2.205 \text{ lb.}$ If one weighs 150 lb., this equals 331 kg ($150 \times 2.205 = 331$).

.2 mg/kg body weight = $.2 \times 331 = 66 \text{ kg/dose}$. .4mg/kg of body weight = 132 kg/day dose]

Hydroxychloroquine -

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 on day 1, then 250 mg/day for 4 daysFluvoxamine – treatment: 50 mg twice/day for 10-14 days (avoid if on SSRI) Budesonide treatment (inhaled)

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

Supplements

Vitamin A - 10,000 IU/day

Vitamin C - 1000 mg twice/day

Vitamin D3 – 4,000 to 5,000 IU/day

Zinc – prevention: 50 mg/day; can be split into 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

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

Gargle/mouthwash – prevention: 2 times/day; treatment: 3 times/day: (Scope, Act, Crest, povidone-iodine 1% solution, or Listerine w/ essential oils

Nasal rinse – treatment: 3 times/day with 10% povidone/iodine wound wash – ¼ tsp in 2 tsp saline in nasal irrigation bottle or 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)

Pulse Oximeter to monitor oxygen saturation

Information Sources

[America's Frontline Doctors](#)

[MyFreeDoctor.com](#)

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

[Liberty Counsel Vaccine Information](#)

