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# Covid Specific treatment options prophylaxis:

## Prevention

- Vitamin C: 1000 mg twice a day
- Vitamin D: 5000 units daily
- Zinc: 50 mg daily
- Quercetin: 500 mg twice a day
- Ivermectin: 0.2 mg/kg twice weekly or after Covid exposure



## Treatment with the Dr. Zelenko Protocol

### Fundamental Principles

- Treat patients based on clinical suspicion as soon as possible
- Preferably within the first 5 days of symptoms.
- Perform PCR testing but do not withhold treatment pending results.

## Risk Stratify Patients

- Low risk patient - Younger than 45, no comorbidities, and clinically stable
- High risk patient - Older than 45, younger than 45 with comorbidities, or clinically unstable

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# Treatment Options:

- **Low risk patients**
  - Supportive care with fluids, fever control, and rest
  - Elemental Zinc 50mg 1 time a day for 7 days
  - Vitamin C 1000mg 1 time a day for 7 days
  - Vitamin D3 5000iu 1 time a day for 7 days
- Optional over the counter options
  - Quercetin 500mg 2 times a day for 7 days or
  - Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days



- **Moderate / High risk patients**
  - Elemental Zinc 50-100mg once a day for 7 days
  - Vitamin C 1000mg 1 time a day for 7 days
  - Vitamin D3 10000iu once a day for 7 days or 50000iu once a day for 1-2 days
  - Azithromycin 500mg 1 time a day for 5 days or
  - Doxycycline 100mg 2 times a day for 7 days
  - Hydroxychloroquine (HCQ) 200mg 2 times a day for 5-7 days and/or
  - Ivermectin 0.4-0.5mg/kg/day for 5-7 days Either or both HCQ and IVM can be used, and if one only, the second agent may be added after about 2 days of treatment if obvious recovery has not yet been observed etc.

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## Other Treatment options include:

- Dexamethasone 6-12mg 1 time a day for 7 days or
- Prednisone 20mg twice a day for 7 days, taper as needed
- Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days
- Blood thinners (i.e. Lovenox, Eliquis, Xarelto, Pradaxa, Aspirin)
- Colchicine 0.6mg 2-3 times a day for 5-7 days
- Monoclonal antibodies
- Home IV fluids and oxygen



## The Medicine of God is Free: Believe in your God given immune system

- Your body is a temple of the Holy Spirit.
- God is the great physician.
- Pray is the best medicine.
- We are all responsible for our health and choices
- All life and healing come from God