

Covid Treatment and Prophylaxis

Be sure to take care of you during this time as well. Your immune system is directly linked to your overall health. Be sure to eat and sleep. Give hope and be strong.

Treatment:

- 1) Nutraceutical bundle (zinc/Vit C/D3)
- 2) HCQ 200mg twice a day
- 3) IVM weight based - daily (most people do not need more than 24mg/day)
- 4) Azithromycin or doxycycline
- 5) Steroids with food and avoid before bed (dexamethasone/prednisone/methylprednisolone)
- 6) Inhaled budesonide 0.5mg-1mg nebulized twice daily - rinse out mouth after each neb.
- 7) Aspirin 325mg daily
- 8) Colchicine 0.6mg twice daily or indomethacin 25-50 mg three times a day
- 9) NAC (N-acetylcysteine) 600mg twice daily or a whey protein shake 2-3 times a day
- 10) start oxygen early
- 11) monitor for high heart rate - may be dehydration/blood clot/autonomic dysfunction (go to ER if CP or passing out) If they are hydrated then it could be autonomic dysfunction which can be treated with low dose propranolol (20-40mg twice daily).

Prophylaxis treatment

- 1) start today 400mg HCQ every 2 days
- 2) Nutraceuticals
- 3) IVM 0.2 mg/kg per dose (take with or after a meal) — twice a week for as long as disease risk is elevated
- 4) Gargle with Listerine/Scope or other antiseptic mouthwash twice daily
- 5) Betadine/Povidone 10% 2ml in 1.5 ounce nasal saline (double for 3oz bottle). Spray into each nostril up to 4x daily.