# PREVENTION & EARLY AT-HOME TREATMENT PROTOCOL FOR COVID-19

## PREVENTION PROTOCOL

For adults > 18 years and >40 kg/90 lbs

- **Vitamin D3**
  - 4000IU (50 mcg) daily
- **Vitamin C**
  - 1 gram daily
- **Quercetin**
  - Up to 250mg x 2/day
- **Lactoferrin**
  - Up to 200 mg x 2/day
- **Zinc**
  - 30-50 mg x day
- **Melatonin**
  - 3 mg / day before bedtime

## EARLY AT-HOME TREATMENT PROTOCOL

For adults > 18 years and >40 kg/90 lbs

- **Ivermectin** *
  - 24 mg – daily for 5 days
  - In the setting of poor clinical response, advanced disease, or obesity, higher doses should be used (target 0.4–0.6 mg/kg)
- **Melatonin**
  - 6 mg at night for 5 days
- **Aspirin (ASA)**
  - 80 mg/day (unless contraindicated)
- **Corticosteroids**
  - Starting from the fourth day in case of persisting fever
- **Heparin**
  - 4000 (IU daily for 7 days)
- **Antiseptic mouth wash**
  - Three times daily (gargle do not swallow); if available

*Where Ivermectin is not available it can be substituted with one or more of the following drugs:

- **Hydroxychloroquine**
  - 200mg twice daily for 7 days
- **Colchicine**
  - 0.5 mg twice daily for 14 days
- **Povidone/iodine**
  - spray 1.25% every 4 hours
- **Anti-androgen based therapy**
  - (for males only)
  - **Fluvoxamine**
    - 20 mg daily

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**DISCLAIMER**

This protocol is borne of clinical experience only and thus is meant solely for educational purposes to health care providers regarding potentially beneficial empiric treatment approaches for COVID-19 Syndrome. Never disregard professional medical advice because of something you have read on our website and releases. This is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any patient. Treatment for an individual patient is determined by many factors and thus should rely on the judgement of your physician or qualified health care provider. Always seek their advice with any questions you may have regarding your medical condition or health.

For more information about this protocol, please contact [Ippocrateorg.org](http://Ippocrateorg.org)