Low Risk Patients

Young healthy people do not need prophylaxis against Covid-19. In young and healthy people, this infection causes mild cold-like symptoms. It is advantageous for these patients to be exposed to Covid-19, build up their antibodies and have their immune system clear the virus. This will facilitate the development of herd immunity and help prevent future Covid-19 pandemics. However, if these patients desire prophylaxis against Covid-19, then they should take the protocol noted below.

Moderate Risk Patients

Patients from this category are healthy but have high potential viral-load exposure. This group includes medical personnel, caregivers of high-risk patients, people who use public transportation, first responders and other essential personnel who are crucial to the continued functioning of society. These patients should be encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

High Risk Patients

Patients are considered high risk if they are over the age of 45, or if they are younger than 45 but they have comorbidities, that is, they have other health conditions that put them at risk. These patients have between a 5 to 10% mortality rate if they are infected with Covid-19. These patients should be strongly encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

Protocol for Low and Moderate Risk Patients:

- Elemental Zinc: 25mg 1 time a day
- Vitamin D3: 5000iu 1 time a day
- Vitamin C: 1000mg 1 time a day
- Quercetin: 500mg 1 time a day until a safe and efficacious vaccine becomes available. If Quercetin is unavailable, then use Epigallocatechin-gallate (EGCG) 400mg 1 time a day

Protocol for High Risk Patients:

- Elemental Zinc: 25mg once a day
- Vitamin D3: 5000iu 1 time a day
- Hydroxychloroquine (HCQ): 200mg 1 time a day for 5 days, then 1 time a week until a safe and efficacious vaccine becomes available. If HCQ is unavailable, then use the Protocol for Low and Moderate Risk Patients.

References

1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/
3. https://pubs.acs.org/doi/10.1021/jf5014633
4. https://www.preprints.org/manuscript/202007.0025/v1

Prophylaxis is an action taken to prevent or protect against a specified disease. Greek in origin, from the word “phylax,” meaning “to guard” and “watching.”
COVID-19 TREATMENT PROTOCOL

Fundamental Principles
To 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

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

Treatment Options: 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.

Other treatment options
Dexamethasone: 6-12mg 1 time a day for 7 days or Prednisone: 20mg 2 times/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

References
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/
3. https://pubs.acs.org/doi/10.1021/jf5014633
5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/
6. https://pubs.acs.org/doi/10.1021/jf5014633
10. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/
11. https://www.medrxiv.org/content/10.1101/2021.01.26.21250494v1

IMPORTANT: You must not rely on the information here as an alternative to medical advice from your doctor or other professional healthcare provider and if you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider

VladimirZelenkoMD.com
## SUMMARY

### ZELENKO COVID19 PROTOCOL (moderate/high risk, > 45 yrs old)

<table>
<thead>
<tr>
<th>Prophylaxis</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000mg, daily</td>
<td>Vitamin C, same 1000mg, 7 days</td>
</tr>
<tr>
<td>5000IU 125mcg, daily</td>
<td>Vitamin D3, double 10000IU 250mcg, 7 days OR</td>
</tr>
<tr>
<td>25mg, daily</td>
<td>Elemental Zinc, double 50mg, 7 days</td>
</tr>
<tr>
<td>500mg, daily</td>
<td>Quercetin, double 500mg, 2x - 7 days OR</td>
</tr>
<tr>
<td>400mg, daily, OR</td>
<td>Epigallocatechin-gallate (EGCG), same 400mg, 1x - 7 days OR</td>
</tr>
<tr>
<td>200mg, 5 days, 200-400mg weekly</td>
<td>Hydroxychloroquine (HCQ), double 200mg, 2x - 5-7 days AND/OR</td>
</tr>
<tr>
<td>0.2mg/kg, day 1 &amp; 3, weekly</td>
<td>Ivermectin (IVM)*, double 0.4-0.5mg/kg, 5-7 days</td>
</tr>
</tbody>
</table>

*Example: IVM dosage for 200lb person (90kg) - Prophylaxis 18mg, Treatment 36mg-45mg

### Antibiotic

<table>
<thead>
<tr>
<th></th>
<th>Azithromycin (Z-PAK), add 500mg, 1x - 5 days OR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Doxycycline, add 100mg, 2x - 7 days</td>
</tr>
</tbody>
</table>

### Other Treatment Options

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

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