



COVID-19 PROPHYLAXIS PROTOCOL

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."

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



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

1. <https://www.sciencedirect.com/science/article/pii/S0924857920304258>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>
3. <https://pubs.acs.org/doi/10.1021/jf5014633>
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5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>
6. <https://pubs.acs.org/doi/10.1021/jf5014633>
7. <https://www.sciencedirect.com/science/article/pii/S0924857920304258>
8. <https://ivmmeta.com/>
9. <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436>
10. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/>
11. <https://www.medrxiv.org/content/10.1101/2021.01.26.21250494v1>

**TRY TO KEEP
PATIENTS OUT OF
THE HOSPITAL**

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SUMMARY

ZELENKO COVID19 PROTOCOL (moderate/high risk, > 45 yrs old)			
Items in orange are available OTC, others are prescription			
Prophylaxis			Treatment
1000mg, daily	Vitamin C	same	1000mg, 7 days
5000IU 125mcg, daily	Vitamin D3	double	10000IU 250mcg, 7 days OR 50000IU, 1-2 days
25mg, daily	Elemental Zinc	double	50mg, 7 days
Zinc Ionophore			
500mg, daily	Quercetin	double	500mg, 2x - 7 days
OR		-	OR
400mg, daily	Epigallocatechin-gallate (EGCG)	same	400mg, 1x - 7 days
OR		-	OR
200mg, 5 days, 200-400mg weekly	Hydroxychloroquine (HCQ)	double	200mg, 2x - 5-7 days
OR		-	AND/OR
0.2mg/kg, day 1 & 3, weekly	Ivermectin (IVM)*	double	0.4-0.5mg/kg, 5-7 days
*Example: IVM dosage for 200lb person (90kg) - Prophylaxis 18mg, Treatment 36mg-45mg			
Antibiotic			
---	Azithromycin (Z-PAK)	add	500mg, 1x - 5 days
---	Doxycycline	add	100mg, 2x - 7 days
Other Treatment Options			
corticosteroid	Dexamethasone 6-12mg 1 time a day for 7 days or		
corticosteroid	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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