

## Treatment Protocols

The treatment protocols listed below outline methods for treating COVID-19. **For more specific questions about your unique situation, please consult a physician.**

### Prophylactic HCQ Protocol

**This is not medical advice.** Every situation is unique, and every person must check with his or her own physician, especially if you are taking any other medication.

- **Hydroxychloroquine 400 mg. twice a day on the first day + elemental zinc 50 mg. daily then**
- **Hydroxychloroquine 400 mg. weekly + zinc 50 mg. daily**

Hydroxychloroquine tablets in the USA are 200mg. Two can be taken together at the same time or separated by hours-days, as long as a person takes 400mg weekly. Currently there are studies underway to see if 200mg weekly is sufficient.

This protocol is used across the world. For example, see the country of India in the White Paper (reference 19). In this example, the National Task for the COVID-19 constituted by Indian Council of Medical Research recommendations for HCQ for prophylaxis of SARS-CoV-2 infection for selected individuals.

### Wellness Protocol

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**THIS IS NOT MEDICAL ADVICE.** Every situation is unique and every person must check with his or her own physician, especially if you are taking any other medication.

#### **Age > 15**

**Quercetin 500 mg. twice daily, Zinc 50 mg daily, Vitamin D 2000 Iu daily, Melatonin 3-6 mg. nightly (exclude if < 25)**

#### **Age < 15**

**Elderberry and Zinc gummies**

## Zelenko Protocol (> 45 yrs old)

<b>ZELENKO COVID19 PROTOCOL (moderate/high risk, &gt; 45 yrs old)</b>			
Items in orange are available OTC, others are prescription			
Prophylaxis			Treatment
1000mg, daily	Vitamin C	same	1000mg, 7 days
5000IU 125 mcg, daily	Vitamin D3	double	10000IU 250 mcg, 7 days or 50000IU, 1-2 days
25mg, daily	Elemental Zinc	double	50mg, 7 days
Zinc Ionophore			
500mg, daily or 400mg, daily or 200mg, 5 days, 200-400mg weekly or 0,2mg/kg day 1 & 3, weekly	Quercetin	double	500mg, 2x - 7 days or
	Epigallocatechin-gallate (EGCG)	same	400mg, 1x - days or
	Hydroxychloroquine (HCQ)	double	200mg, 2x - 5-7 days and/or
	Ivermectin (IVM)*	double	0,4-0,5mg/kg, 5-7 days
*Example: IVM dosage for 200lb person (90kg) - Prophylaxis 18mg, Treatment 36mg-45mg			
Antibiotic			
...	Azithrimycin (Z-PAK)	add	500mg, 1x - 5 days or
...	Doxycycline	add	100mg, 2x - 7 days
Other Treatment Otions			
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		

## AAPS Protocol

Call your doctor to discuss treatment at first sign of symptoms.  
**COVID-19 EARLY TREATMENT Protocol Example**

- Low Risk Patients (over-the-counter drugs):**
1. Elemental Zinc 50mg 1 time a day for 7 days
  2. Quercetin 500mg 2 times a day for 7 days (also consider Curcumin, EGCG, and Resveratrol)
  3. Vitamin D3 4,000iu to 10,000iu 1 time a day for 7 days
  4. Vitamin C 1,000mg to 3,000mg 1 time a day for 7 days
  5. N-acetyl cysteine (NAC) 600mg 2 times a day for 7 days
  6. Rest, oral fluids and close follow up with doctor
- High Risk Patients (includes prescription-only drugs):**
1. Elemental Zinc 50mg 1 time a day for 7 days
  2. Hydroxychloroquine (HCQ) 200mg 2 times a day for 7 days, (also consider Quercetin, EGCG, Curcumin, and Resveratrol)
  3. Azithromycin 500mg 1 time a day for 5 days or Doxycycline 100mg 2 times a day for 7 days
  4. Vitamin D3 4,000iu to 10,000iu 1 time a day for 7 days
  5. Vitamin C 1,000mg to 3,000mg 1 time a day for 7 days
  6. N-acetyl cysteine (NAC) 600mg 2 times a day for 7 days
  7. Rest, oral fluids and close followup with doctor
- Additional treatments customized for every patient.**
1. Ivermectin 0.2 mg/kg per dose\* — one dose daily, minimum of two days, continue daily until recovered (max 5 days)<sup>†</sup>
  2. Budesonide 1mg/2cc solution via nebulizer 2 times a day for 7 days
  3. Dexamethasone 6mg 1 time a day for 7 days
  4. Blood thinners (e.g aspirin 325mg 1 time a day for 7 days)
  5. Home Oxygen

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  
 Note that treatment may be extended beyond 7 days by your doctor in certain situations.  
 Certain nutraceuticals can be taken for longer periods or even considered for longterm daily use.

The protocols presented here are largely based on those developed by Dr. Zelenko. <https://www.vladimirzelenko.com/>  
 See [C19PROTOCOLS.COM](https://www.c19protocols.com) for the latest treatment and prevention protocols, and links to the most current science.

**THIS INFORMATION IS NOT INDIVIDUALIZED MEDICAL ADVICE.**  
 Treatment decisions should be made between a patient and a physician.


Discuss with your doctor to individualize your therapy.  
**COVID-19 PREVENTATIVE\* Protocol Example**

- Low and Moderate Risk Individuals:**
1. Elemental Zinc 25mg 1 time a day
  2. Vitamin D3 4,000iu to 10,000iu 1 time a day
  3. Vitamin C 1,000mg to 3,000mg 1 time a day
  4. Quercetin 500mg 1 time a day (also consider Curcumin, Epigallocatechin-gallate (EGCG), and Resveratrol)
  5. Post exposure, add ivermectin 0.2 mg/kg on day 1 and 3<sup>†</sup>
  6. Vaccination (when available and after speaking to your doctor).
- Protocol for High Risk Individuals:**
1. Elemental Zinc 25mg once a day
  2. Vitamin D3 4,000iu to 10,000iu 1 time a day
  3. Vitamin C 1,000mg to 3,000mg 1 time a day
  4. Hydroxychloroquine (HCQ) 200mg 1 time a day for 5 days, then 1 time per week. (also consider Quercetin, Curcumin, EGCG, and Resveratrol)
  5. Ivermectin 0.2 mg/kg on days 1 and 3, then one dose every 2 weeks<sup>†</sup>
  6. Vaccination (when available and after speaking to your doctor).
- \*Even when not completely preventing infection, protocols like this may help reduce the risk of severe disease, hospitalization, and death.  
<sup>†</sup>Ivermectin dosing from I-MASK+ protocol at [covid19criticalcare.com](https://covid19criticalcare.com).

Low risk individuals: Healthy people under age 45. Moderate risk individuals: healthy but have high potential viral-load exposure. High risk individuals: Over age 45, or have comorbidities.

**How can I obtain these medications and supplements?**  
 Many of the recommended nutraceuticals can generally be easily purchased over-the-counter. Talk to your doctor about prescribing ivermectin and hydroxychloroquine. Lists of physicians and telemedicine options familiar with these protocols are available at [c19protocols.com](https://c19protocols.com) (click facilities tab).

**What about COVID-19 vaccines?**  
 Vaccines are becoming available. If shown to be safe and effective, they should be widely and efficiently disseminated to all who give informed consent. But as long as COVID and other life-threatening viruses are a threat, we need a strong immune system and early treatment.

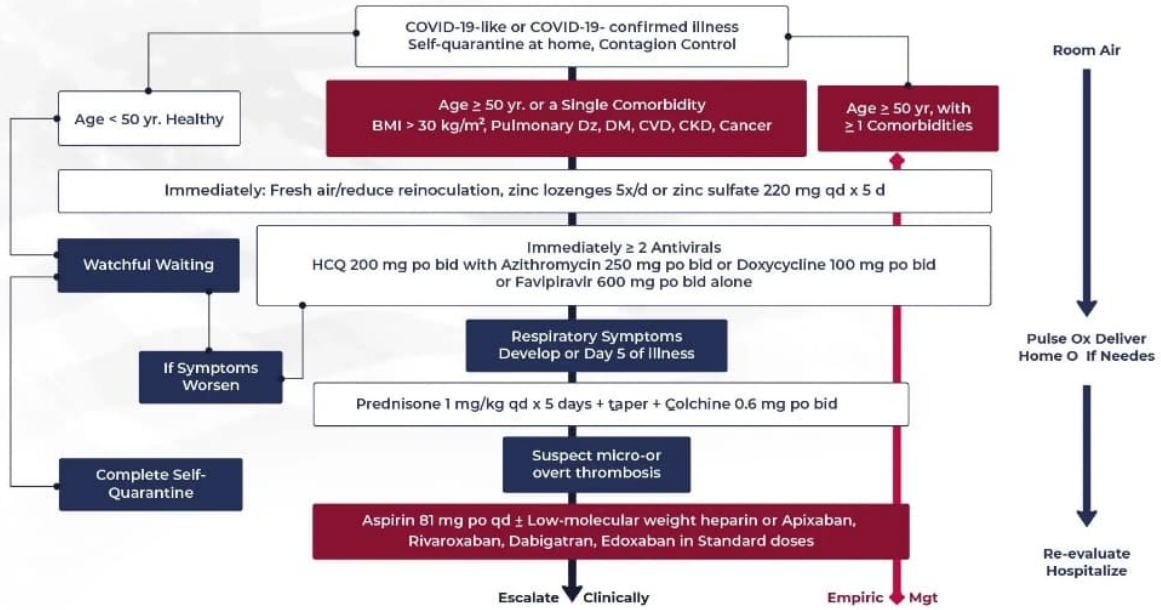


**THIS INFORMATION IS NOT INDIVIDUALIZED MEDICAL ADVICE.** These medicines and nutraceuticals are not cures for COVID-19, but scientific research suggests they may reduce risk of morbidity and mortality, hospitalization & death.



Presented by the Association of American Physicians & Surgeons.  
 Our motto, Omnia pro aegrotato, means "All for the Patient."

## Self-Quarantine Protocol



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**AAPS Protocol**

