

Covid-19 Treatment Protocol

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Fundamental Principles

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

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 twice a 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

TRY TO KEEP PATIENTS OUT OF THE HOSPITAL

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>
4. <https://vdmeta.com/>
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>