Guide to Home-Based COVID Treatment

My COVID Test is POSITIVE. What are my options for early treatment?

FIVE STEPS That Could Save Your Life!

STEP 1. Read the COVID PATIENT GUIDE, available free here: www.TruthForHealth.org

This booklet has been written by a team of physicians treating COVID patients with the latest information on prescription medications available worldwide at low cost. Ask your physician to help you get treatment started quickly _at home_ to reduce risk of hospitalization and death.

STEP 2. Learn the STAGES of COVID-19 Illness. Each stage needs different medicines (below).

Stage I: Viral Replication (virus multiplies using your body cells' machinery).

Stage II: Exaggerated Inflammation Response (inflammation damages your body organs).

Stage III: Exaggerated Formation of Blood Clots in lungs and other organs (can cause death).

Adapted from McCullough PA. Early Ambulatory Multidrug Therapy for SARS-CoV-2 (COVID-19) Infection Journal: Baylor University Medical Center Proceedings (Current Citation: RIS BibTex, ID: 1836946) DOI:10.1080/08998280.2020.1836946)
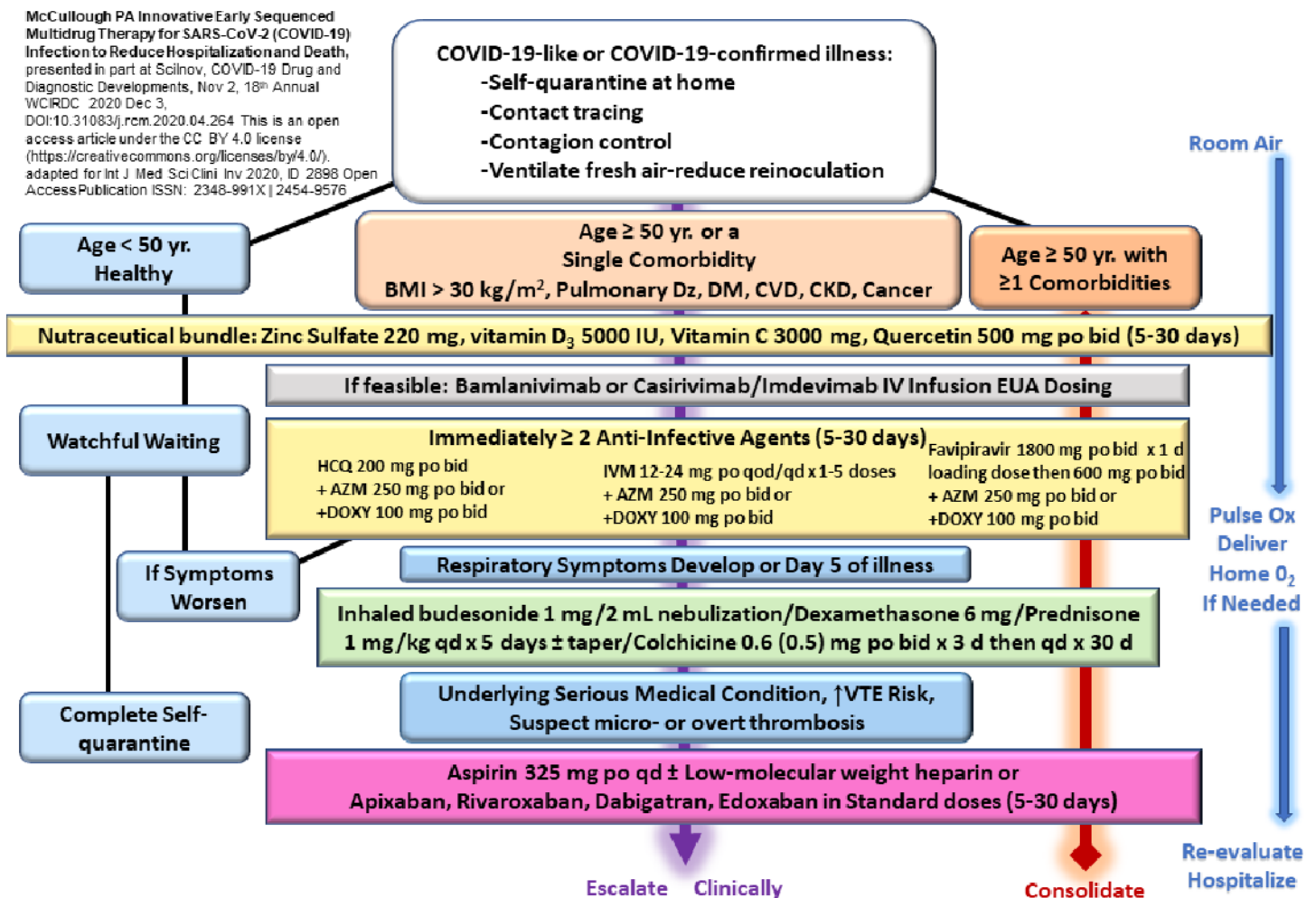
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STEP 3. Take steps to keep your body as healthy as possible.

Get fresh air and sunshine. Open windows to reduce re-circulating the virus. recommendations in Truth For Health COVID Patient Guide to add zinc, vitamin D, vitamin C and healthy foods.

STEP 4. Talk with your Doctor about medicines in this Algorithm for each stage of illness:

STEP 5. Call your primary care physician, or request a TeleMedicine appointment.

To reduce the risk of hospitalization, it is critical to start treatment at home with approaches in DIAGRAM below. If your doctor does not treat COVID, immediately contact a TeleMedicine resource in the Covid Patient Guide.

McCullough PA Innovative Early Sequenced Multidrug Therapy for SARS-CoV-2 (COVID-19) Infection to Reduce Hospitalization and Death, presented in part at Scilnov, COVID-19 Drug and Diagnostic Developments, Nov 2, 18th Annual WCIRDC 2020 Dec 3, DOI:10.31083/j.rcm.2020.04.264 This is an open access article under the CC BY 4.0 license (https://creativecommons.org/licenses/by/4.0/). adapted for Int J Med Sci Clini Inv 2020, ID 2898 Open Access Publication ISSN: 2348-991X || 2454-9576

COVID-19-like or COVID-19-confirmed illness:
- Self-quarantine at home
- Contact tracing
- Contagion control
- Ventilate fresh air-reduce reinoculation

Room Air

Age < 50 yr. Healthy

Age ≥ 50 yr. or a Single Comorbidity
$BMI > 30 \text{ kg/m}^2$, Pulmonary Dz, DM, CVD, CKD, Cancer

Age ≥ 50 yr. with ≥1 Comorbidities

Nutraceutical bundle: Zinc Sulfate 220 mg, vitamin D_3 5000 IU, Vitamin C 3000 mg, Quercetin 500 mg po bid (5-30 days)

If feasible: Bamlanivimab or Casirivimab/Imdevimab IV Infusion EUA Dosing

Watchful Waiting

Immediately ≥ 2 Anti-Infective Agents (5-30 days)

HCQ 200 mg po bid
+ AZM 250 mg po bid or
+DOXY 100 mg po bid

IVM 12-24 mg po qod/qd x1-5 doses
+ AZM 250 mg po bid or
+DOXY 100 mg po bid

Favipiravir 1800 mg po bid x 1 d loading dose then 600 mg po bid
+ AZM 250 mg po bid or
+DOXY 100 mg po bid

If Symptoms Worsen

Respiratory Symptoms Develop or Day 5 of illness

Inhaled budesonide 1 mg/2 mL nebulization/Dexamethasone 6 mg/Prednisone 1 mg/kg qd x 5 days ± taper/Colchicine 0.6 (0.5) mg po bid x 3 d then qd x 30 d

Pulse Ox Deliver Home 0_2 If Needed

Complete Self-quarantine

Underlying Serious Medical Condition, ↑VTE Risk, Suspect micro- or overt thrombosis

Aspirin 325 mg po qd ± Low-molecular weight heparin or Apixaban, Rivaroxaban, Dabigatran, Edoxaban in Standard doses (5-30 days)

Escalate   Clinically

Consolidate

Re-evaluate Hospitalize

BMI=body mass index, Dz=disease, DM=diabetes mellitus, CVD=cardiovascular disease, CKD=chronic kidney disease, yr=years, HCQ=hydroxychloroquine, AZM=azithromycin, DOXY=doxycycline, IVM=ivermectin, VTE=venous thrombo-embolic, EUA=Emergency Use Authorization (U.S. administration)