SUGGESTED ADULT OUTPATIENT TREATMENT FOR COVID IN ALASKA www.AlaskaCovidAlliance.com Updated: 09/22

PLAN AHEAD: HAVE ON HAND WHEN YOU GET SICK

Two thermometers w/batteries $40 or less.

Blood pressure monitor $40.

Oximeter $40 ( if needed -glucose monitor with strips and lancets)

Nebulizers online $40-100?? www.nebulizers.com Costco $35

Home COVID Test Kits Fred Meyer, Walmart, Walgreen's etc. $15-$25

May be of some benefit (do your own research): Black Elderberry, NAC, Selenium, Magnesium (citrate 500 mg/day), Pepcid, Garlic, Honey, Black Cumin Seed, Zyrtec, Gargle with yellow mouthwash (ACT, Crest, etc.), Probiotics

PREVENTION SUPPLEMENTS

Vitamin D3 5,000 to 10,000 iu/day. Vitamin D level should be over 50 (80-100 best)

Zinc 25-50 mg/d depending on GI tolerance (helps prevent viral replication). If you stay on it long term (more than one month) take multivitamin w/copper

Vitamin C 1,000 mg/day [Emergen-C also has B complex vitamins] take in the morning

Quercetin 250 – 500 mg/day supplement (if on thyroid medicine - discuss with your doctor; helps bring zinc into the cells).

Melatonin (slow release) as tolerated (1-10 mg/day) at bedtime.

Turmeric (Curcumin) 500 mg twice daily and Selenium 100-200 mcg/day

Nigella Sativa (Black Cumin Seed) 40mg/Kg/day w/ 2 tsp honey/day

NAC 500mg/day

High risk people can consider prophylaxis with Ivermectin or Hydroxychloroquine (HCQ)

TREATMENT SUPPLEMENTS WHEN YOU GET COVID -CRITICAL:

Seek IMMEDIATE medical care with your own provider or physicians below!

 Monoclonal antibody treatments are effective but work poorly if you wait too long (more than 7 days after symptoms begin). Prescription medications only work well if started in the first 5 days.

Aspirin 325mg daily w/food to prevent blood clots do this for 1-3 months

Vitamin D3 10,000-20,000 iu/day for 5 days then decrease to 10,000 iu/day x 2 weeks

Vitamin C 1,000 mg/ TWICE a day [Emergen-C packets; also has B complex vitamins] take in the morning and early afternoon (can go up to six times/day with plain Vitamin C).

Zinc 50-100 mg/day once or twice a day depending on GI tolerance for 2 weeks

Quercetin 250 mg 2-4 times/day w/ food for two weeks (if on thyroid medicine - discuss with doctor). Melatonin (slow release) as tolerated (1-40 mg/day) at bedtime;

Turmeric (Curcumin) 500mg twice daily for 14 days

Add 2 tsp povidone-iodine 10% to 8oz water for nasal rinse; do 1-2 tsp of this dilute solution each nostril up to 6 times daily and use as throat gargle 4-6 x/day to reduce viral load; do not swallow!

NAC 1,500-2,000 mg/day for 3 days then 1,000/day for 2 weeks.

Pepcid 10mg 4 times/day, Zyrtec 1/day, Nigella Sativa 80mg/Kg/day w/ 2 tsp honey/day

UNABLE TO GET A LOCAL DOCTOR OR PHARMACY TO HELP?

For Information about Providers that do telemedicine and Pharmacies for Hydroxychloroquine (HCQ) – Azithromycin (Z-Pack)--Ivermectin --Paxlovid- - Nebulizer Budesonide/Albuterol Rx's, etc.

America’s Frontline Doctors: <https://americasfrontlinedoctors.org/>

FLCCC Alliance <https://covid19criticalcare.com> Also has COVID treatment plans for all stages of the disease.