

SUGGESTED ADULT OUTPATIENT TREATMENT FOR COVID IN ALASKA

www.AlaskaCovidAlliance.com

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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) Selenium 100-200 mcg/day NAC 500mg/day
High risk people can consider prophylaxis with Ivermectin or Hydroxychloroquine (HCQ)

PLAN AHEAD: HAVE ON HAND WHEN YOU GET SICK

Two thermometers w/batteries \$40 or less. Blood pressure monitor \$40. Oximeter \$40
Nebulizers online \$40-100?? www.nebulizers.com Costco \$35
Home COVID Test Kits Fred Meyer, Walmart, Walgreens 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.

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 ten days after symptoms begin). Prescription medications only work well if started in the first seven days.

Aspirin 325mg daily w/food to prevent blood clots do this for 3 months
Vitamin D3 10,000 iu/day for two 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 mg/day once or twice a day depending on GI tolerance for two weeks
Quercetin 250 mg 2-4 times/day for two weeks (if on thyroid medicine - discuss with doctor).
Melatonin (slow release) as tolerated (5-40 mg/day) at bedtime; Turmeric (Curcumin) also.
NAC 1,500-2,000 mg/day for 3 days then 1,000/day for 2 weeks.

UNABLE TO GET A LOCAL DOCTOR OR PHARMACY TO HELP?

for Information about Providers that do telemedicine and Pharmacies for

Ivermectin -- Hydroxychloroquine (HCQ) – Azithromycin (Z-Pack) - Nebulizer Budesonide

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

America's Front Line Doctors <https://americasfrontlinedoctors.org/>

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