

Covid Early Onset Home Treatment Quick Guide

April 2022

These guidelines are compiled from the Dr. McCullough protocol available at [AAPS](#) , the protocol available at [FLCCC Alliance](#) , and other doctor recommendations. It is intended to be very simple; please see these associations for more detailed guidelines. This list is intended to provide a 'starter kit' to maintain at home for use as soon as symptoms onset. These are not medical recommendations. It is presumed that:

- You know your health best and will modify these guidelines as fit for your body.
- You will **access proper recommendations from a qualified healthcare professional *immediately*** upon onset of symptoms.
- You will read the labels for all products to determine contraindications to your currently-taken medicines and supplements.

It is important to access a medical professional at the very beginning of symptoms rather than waiting until tested for Covid. The association [My Free Doctors](#) has treated over 150,000 patients to recovery using these protocols. Please go to [Care.MyFreeDoctors.com](https://care.myfreedoctor.com/m-login/?desktop=1#login-main) (<https://care.myfreedoctor.com/m-login/?desktop=1#login-main>) to download the app and begin the process.

When ill, it is difficult to remember the protocols. Please print out this guide and draw a line through any suggestions that are contraindicated to your current medications, and acquire the other items needed *before* becoming very sick with Covid. You will then have on hand the instructions to use when too sick to find them 😊

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Don't think or treat your symptoms as if a common cold. With a cold, you wait until the head is stuffy to use nasal spray; until throat hurts to gargle. The goal with Covid is to kill the virus as it is multiplying. **Because it replicates rapidly, your counter-attack needs to begin immediately.**

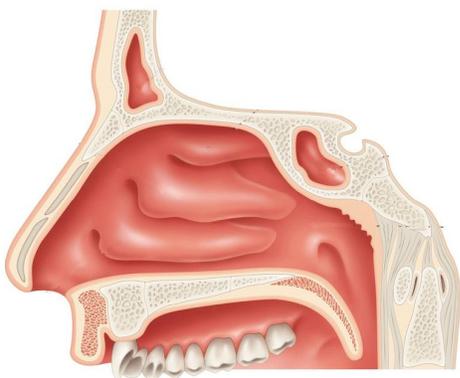
The virus lives and replicates in the nasal passages and throat. It causes an immune system response from the body, especially in the second week of illness. Your immediate goal then is to:

1. Kill and flush out the virus as it is replicating to mitigate the amount of virus circulating in your body
2. Encourage the body's dependency upon anti-inflammatory supplements to mitigate the body's extreme reactive response (cytokine storm) that can occur in week 2.

Prescriptions:

- Hydroxychloroquine (HCQ): 200mg 2x daily for six days only.
- Ivermectin (IVM): 1 dose daily for two weeks; dose determined by weight
- Azithromycin (AZM or zithro) as prescribed, 3-5 days at onset to prevent pneumonia

Nasal & Throat Cleanse:



The nasal passages must be cleansed to the very back and into the throat. Spit out the spray as it enters the mouth (don't swallow). Cleansing the front passages alone is insufficient as the virus replicates deeper within. The following nasal sprays have been tested as antiviral and/or antibacterial:

Non-Iodine Easily available:

(Use every 2-3 hours as tolerable in first week of illness)

- NeilMed Hypertonic Saline nasal spray (note this cannister is most effective in getting the spray into the back passages)
<https://www.walgreens.com/store/c/neilmed-nasamist-extra-strength-saline-spray/ID=prod3366523-product>
- Xlear and Xlear Rescue <https://www.walgreens.com/store/c/xlear-rescue-nasal-spray/ID=300418158-product>

Non-Iodine online order:

- Betadine non-iodine nasal spray <https://ph.betadine.global/en/ph/upper-respiratory-tract-infection-care/betadine-cold-defense-nasal-spray>
- Envoid proven to kill 99.99% viruses in 72 hrs. More expensive but worth the cost for those with compromised health <https://www.israelpharm.com/enovid-anti-viral-nasal-spray/>

Iodine-based nasal sprays :

(Use 2-3 times a day as tolerable/per package instructions)

- ImmuneMist Iodine nasal spray
<https://www.immunemist.com/products/immunemist-nasal-cleanse>
- Or CofixRx Nasal spray <https://cofixrx.com/>

Gargle (non-iodine): must contain chlorhexidine or cetylpyridinium chloride

Therabreath for Healthy Gums (cetylpyridinium chloride) has few ingredients and no colors, so is a 'natural' choice (the other Therabreath products may not have the proper ingredients) <https://www.walgreens.com/store/c/therabreath-healthy-gums-clean-mint/ID=prod6376432-product>

Gargle: povidone-iodine rinses

Betadine IODINE gargle (also sells throat spray)

<https://ph.betadine.global/en/ph/upper-respiratory-tract-infection-care/povidone-iodine-betadine-gargle-and-mouthwash>

Supplements & other

- ✓ **Vitamin C** 1000mg 2x daily: if it causes diarrhea, reduce amount or take liposomal Vitamin C <https://www.iherb.com/pr/aurora-nutrascience-mega-liposomal-vitamin-c-organic-fruit-flavor-3-000-mg-16-fl-oz-480-ml/99987>
If you have nausea, substitute Airborne effervescent tabs, which are also 1000mg of C. These can also be frozen into popsicle if too sick for liquids.
<https://www.walmart.com/ip/Airborne-Vitamin-C-Effervescent-Tablets-Zesty-Orange-30-ct/29157376>
- ✓ **Vitamin D** 10,000 IU daily
- ✓ **Zinc** (sulfate, gluconate or citrate) 50 mg 2x daily: if trouble swallowing tablets, Zinc soft gels can be taken but this form of zinc (zinc oxide) is less effective (so may need to increase dosage) <https://www.walmart.com/ip/Nature-S-Truth-Zinc-50Mg-Vitamin-C-Softgels-200-Ct/673907590>
- ✓ **Quercetin** 250mg 2x daily: taken with zinc as it improves zinc uptake. However, it cannot replace HCQ as it is not sufficiently potent.

An option to the above is Dr. Vladimir Zelenko's Z-Stack, which contains Vitamin C, D, Zinc and Quercetin in one pill, taken twice daily. <https://zstacklife.com/> **

- ✓ **Melatonin** 5-10mg daily, usually at night as it causes drowsiness. Melatonin is anti-inflammatory. Natrol brand is available in most stores. The fast-dissolve form tastes pleasant and is good option for nausea or vomiting.
<https://www.walmart.com/ip/Natrol-Melatonin-5mg-Sleep-Support-Extra-Strength-Strawberry-Fast-Dissolve-Tablets-150ct/110229637>
- ✓ **Kefir** 1 quart daily. Replenishing the microbiome in the gut is extremely important to bodily health including fighting inflammation.
- ✓ **NAC (N-Acetyl Cysteine)** 600 mg daily. Good brands are Pure Encapsulations https://www.purecapspro.com/drritacorona/pe/products/product_details.asp?ProductsID=122 , Life Extensions <https://www.lifeextension.com/search?q=nac&t=coveo4A2453FD> , or Thorne <https://www.thorne.com/products/dp/cysteplus-reg>
- ✓ **Aspirin** 325mg daily for prevention of blood clots—check with your doctor if unsure whether you can take aspirin.

- ✓ **Electrolytes** per package instructions. It is important to remain hydrated. These can be frozen as popsicles or made into slushies if you are nauseas or vomiting.
- ✓ **Ibuprofen** per package instructions: anti-inflammatory. Check with your doctor if unsure whether you can take ibuprofen.

There are many additional natural and synthetic aids being used successfully by healthcare professionals. This list comprises the core group of supplements generally used across protocols.

Environmental actions

- Open windows in every room of house even in cold weather (bundle up). Air circulation is very important.
- Diffuse Doeterra On Guard essential oil: this formulation kills airborne germs and will help prevent re-infecting yourself
- Be outside as much as possible even in cold weather (bundle up)
- Go for walks even if indoors
- Sleep on stomach if possible to help prevent blood clots
- Move every two hours during the day; do not stay bed-bound.
- For fevers, use cold/frozen wash cloths on head and under armpits. Keep wetting wash cloths and placing in freezer for ready supply.

Home Hospice

If oxygen counts begin to lower or other symptoms become severe, speak to your Telemed doctor about home hospice as an option vs. hospital admission. Patients can self-refer to home hospice and receive oxygen at home while also continuing their protocol. Patients admitted to the hospital are not permitted to use any protocols except intubation and Remdesivir, which will stop your kidneys.