

Prophylaxis is an action taken to prevent or protect against a specified disease. Greek in origin, from the word "phylax", meaning "to guard" and "watching."

Low Risk Patients

Young healthy people do not need prophylaxis against Covid 19. In young and healthy people, this infection causes mild cold-like symptoms. It is advantageous for these patients to be exposed to Covid-19, build up their antibodies and have their immune system clear the virus. This will facilitate the development of herd immunity and help prevent future Covid-19 pandemics. However, if these patients desire prophylaxis against Covid-19, then they should take the protocol noted below.

Moderate Risk Patients

Patients from this category are healthy but have high potential viral-load exposure. This group includes medical personnel, caregivers of high-risk patients, people who use public transportation, first responders and other essential personnel who are crucial to the continued functioning of society. These patients should be encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

High Risk Patients

Patients are considered high risk if they are over the age of 45, or if they are younger than 45 but they have comorbidities, that is, they have other health conditions that put them at risk. These patients have between a 5 to 10% mortality rate if they are infected with Covid-19. These patients should be strongly encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

Protocol for Low and Moderate Risk Patients:

Elemental Zinc 25mg 1 time a day

Vitamin D 5000iu 1 time a day

Vitamin C 1000mg 1 time a day

Quercetin 500mg 1 time a day until a safe and efficacious vaccine becomes available

If Quercetin is unavailable, then use Epigallocatechin-gallate (EGCG) 400mg 1 time a day

Protocol for High Risk Patients:

Elemental Zinc 25mg once a day

Vitamin D 5000iu 1 time a day

Hydroxychloroquine (HCQ) 200mg 1 time a day for 5 days, then 1 time a week until a safe and efficacious vaccine becomes available

If HCQ is unavailable, then use the Protocol for Low and Moderate Risk Patients.

Zelenko Protocol

Treatment Plan for Patients with Covid-19 symptoms

Prehospital Management

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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 - over the counter options:

1. Elemental Zinc 50mg 1 time a day for 7 days
2. Quercetin 500mg 2 times a day for 7 days **or**
Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days
3. Vitamin C 1000mg 1 time a day for 7 days
4. Rest, oral fluids and close follow up with doctor

High risk patients

1. Elemental Zinc 50mg 1 time a day for 7 days
2. Hydroxychloroquine (HCQ) 200mg 2 times a day for 7 days
If HCQ not available, Quercetin 500mg 3 times a day for 7 days **or**
EGCG 400mg 2 times a day for 7 days
3. Azithromycin 500mg 1 time a day for 5 days **or**
Doxycycline 100mg 2 times a day for 7 days
4. Vitamin C 1000mg 1 time a day for 7 days
5. Rest, oral fluids and close followup with doctor

Additional treatment options. Should be uniquely custom tailored for every patient.

1. Ivermectin 6mg 2 times a day for 1 day
2. Budesonide 1mg/2cc solution via nebulizer 2 times a day for 7 days
3. Dexamethasone 6mg 1 time a day for 7 days
4. Blood thinners (i.e. Lovenox)
5. Home Oxygen
6. Home IV fluids

IF POSSIBLE, KEEP PATIENTS OUT OF THE HOSPITAL