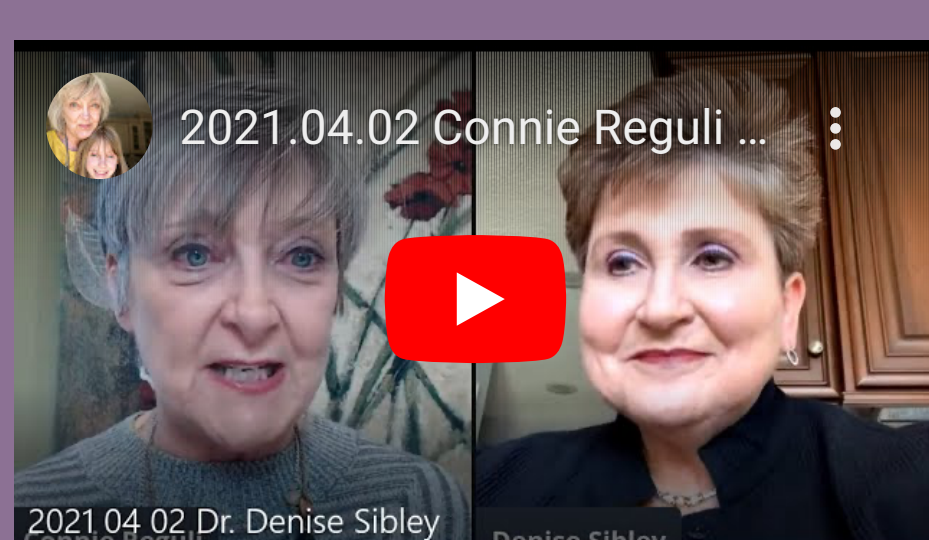


# Symptoms, Early Treatments, Vaccines, & Masks - What To Expect



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COVID Symptoms - What to Do



All 3 Treatments for COVID



Ivermectin &amp; Steroids



The Truth About Masks



Vaccines Part 1



Vaccines Part 2

## Early Outpatient Treatment of COVID illness

Day 1 is first day of symptoms

Typical symptoms: sore throat, nasal and/or chest congestion, cough, fever, severe fatigue, body aches (especially back and legs), headache (especially behind your eyes or eye pain), loss of taste and smell which usually occurs on Day 5, and rarely diarrhea, nausea. Nausea and vomiting alone without any respiratory symptoms is usually not Covid.

**Covid testing** (PCR or antigen test) can be done if available, but not required.

**Choices of therapy:** therapy is most effective Day 1 -5 of symptoms.

(Using established protocols developed through FLCCC-Frontline Covid19 Critical Care Alliance and AAPS )

1. Ivermectin or Hydroxychloroquine for 5 days
2. Zithromax (commonly known as zpack) or Doxycycline for 5 days
3. prednisone or Medrol dose pack (steroids) for 5- 6 days or more

### Ivermectin

\*FDA approved 45 year-old drug used to treat parasites and worms worldwide as well as lice and scabies.

\*Excellent safety profile over a long history of use.

\*Won a Nobel prize for safety and effectiveness in 2015.

\*Only reasons to avoid ivermectin are these indications: pregnancy, breastfeeding, Coumadin use, transplant medication use.

Ivermectin use in Covid: Over 90 published studies recording use in Covid with excellent safety profile and 85% reduction in hospitalizations and 74% reduction in deaths.

Dosage is once daily according to weight to be taken with food. It is available in selected pharmacies.

### Hydroxychloroquine (HQC)

\*FDA approved 65 year-old drug used to treat malaria, rheumatoid arthritis, lupus, and other arthritic conditions.

\*Used in 2003 for SARS CoV1 with published results, which is why it was chosen initially for SARS CoV 2 in Europe when Covid began.

\*First study originated from Marseilles, France regarding HQC use in SARS CoV2

\*Multiple published studies show safety and effectiveness in treating COVID 19 when used in proper doses and within the proper time frame of disease (which is early treatment).

\*Long history of safety profile in individuals treated with HQC over long periods of time. It is an over-the-counter medication in many countries.

\*Major side effect concerns involve heart conduction problems (slow heartbeat or those needing pacemakers).

\*It is used in pregnant and breast-feeding mothers and children in countries with malaria. I do not have expertise in using HQC in pregnancy, breast-feeding women, or children .

**Both Ivermectin and HQC require Zinc and Vitamin D for proper mechanism of action.**

### Typical Treatment Regimen: 3 Drugs

1. HQC or Ivermectin for 5 days

Ivermectin – once daily dose based on weight

HQC – 200 mg twice daily

2. Antibiotics used for their antiviral activity for 5 days

Zithromax (commonly known as Zpack) – 250 mg twice daily OR

Doxycycline – 100 mg twice daily

Side effects: Rarely causes nausea.

3. Prednisone or Medrol dose pack (steroid) for lung protective effect and for treatment of chest congestion and cough for 5- 6 days. This may be adjusted depending on lung symptoms. Side effects: may cause jitteriness or insomnia; in diabetics, may cause elevated glucose levels requiring more diabetes medication.