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Zelenko Protocol¹

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. Do not withhold treatment pending confirmatory testing 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

Supportive care with fluids, fever control, and rest
Elemental Zinc 50mg 1 time a day for 7 days²
Vitamin C 1000mg 1 time a day for 7 days³
Vitamin D3 5000iu 1 time a day for 7 days⁴

Optional over the counter options

Quercetin 500mg 2 times a day for 7 days⁵ **or**
Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days⁶

¹ <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>

³ <https://pubs.acs.org/doi/10.1021/jf5014633>

⁴ <https://vdmata.com/>

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

⁶ <https://pubs.acs.org/doi/10.1021/jf5014633>

Moderate / High risk patients

Elemental Zinc 50-100mg once a day for 7 days

Vitamin C 1000mg 1 time a day for 7 days

Vitamin D3 10000iu once a day for 7 days or 50000iu once a day for 1-2 days

Azithromycin 500mg 1 time a day for 5 days **or**

 Doxycycline 100mg 2 times a day for 7 days

Hydroxychloroquine (HCQ) 200mg 2 times a day for 5-7 days⁷
and/or

Ivermectin 0.4-0.5mg/kg/day for 5-7 days⁸

Either or both HCQ and IVM can be used, and if one only, the second agent may be added after about 2 days of treatment if obvious recovery has not yet been observed etc.

Other treatment options

Dexamethasone 6-12mg 1 time a day for 7 days⁹ **or**

 Prednisone 20mg twice a day for 7 days, taper as needed

Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days¹⁰

Blood thinners (i.e. Lovenox, Eliquis, Xarelto, Pradaxa, Aspirin)

Colchicine 0.6mg 2-3 times a day for 5-7 days¹¹

Monoclonal antibodies

Home IV fluids and oxygen

TRY TO KEEP PATIENTS OUT OF THE HOSPITAL

⁷ <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

⁸ <https://ivmmeta.com/>

⁹ <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436>

¹⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/>

¹¹ <https://www.medrxiv.org/content/10.1101/2021.01.26.21250494v1>