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. 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 days
Vitamin C 1000mg 1 time a day for 7 days
Vitamin D3 5000iu 1 time a day for 7 days

Optional over the counter options
Quercetin 500mg 2 times a day for 7 days or
Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days

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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://vdmeta.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 days\(^7\)
   and/or
Ivermectin 0.4-0.5mg/kg/day for 5-7 days\(^8\)

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 days\(^9\) or
   Prednisone 20mg twice a day for 7 days, taper as needed
Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days\(^10\)
Blood thinners (i.e. Lovenox, Eliquis, Xarelto, Pradaxa, Aspirin)
Colchicine 0.6mg 2-3 times a day for 5-7 days\(^11\)
Monoclonal antibodies
Home IV fluids and oxygen

TRY TO KEEP PATIENTS OUT OF THE HOSPITAL

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\(^7\) https://www.sciencedirect.com/science/article/pii/S0924857920304258
\(^8\) https://ivmmeta.com/
\(^10\) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/
\(^11\) https://www.medrxiv.org/content/10.1101/2021.01.26.21250494v1