Prehospital Management of Covid-19
Zelenko Protocol\textsuperscript{1}
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Treatment Plan for Patients with symptoms of Covid-19

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 Patient

Low risk patient - Younger than 60, no comorbidities, and not toxic (i.e. no shortness of breath)
High risk patient - Older than 60, younger than 60 with comorbidities, or looks toxic

Treatment Options

Low risk patients

1. Rest, oral fluids
2. OTC Quercetin 500mg 2 a day for 7 days\textsuperscript{2} with Vitamin C 1000mg once a day for 7 days or
   OTC Epigallocatechin-gallate (EGCG) 400mg once a day for 7 days\textsuperscript{3}
3. Elemental Zinc 50mg once a day for 7 days\textsuperscript{4}
4. Close follow up with doctor

\textsuperscript{1} https://www.preprints.org/manuscript/202007.0025/v1
\textsuperscript{2} https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/
\textsuperscript{3} https://pubs.acs.org/doi/10.1021/jf5014633
\textsuperscript{4} https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/
High risk patients

1. Rest, oral fluids

2. Elemental Zinc 50mg once a day for 5 to 7 days.

3. Hydroxychloroquine (HCQ) 200mg twice a day for 5 to 7 days or
   Quercetin 500mg (OTC) 3 a day for 7 days and Vit. C 1000mg once a day for 7 days or
   EGCG 400mg (OTC) twice a day for 7 days

4. Azithromycin 500mg once a day for 5 days or
   doxycycline 100mg twice a day for 5 to 7 days

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

1. Ivermectin 6mg twice a day for 1 day

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

3. Dexamethasone 6mg once a day for 5 to 7 days

4. Blood thinners (i.e. Lovenox)

5. Home O2

6. Home IV fluids

IF POSSIBLE, KEEP PATIENTS OUT OF THE HOSPITAL

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5 https://www.sciencedirect.com/science/article/pii/S0166354220302011
6 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/
8 https://www.onlinejacc.org/content/76/1/122?_ga=2.33698596.423106752.1597365568-1776897998.1597365568