

# **Prehospital Management of Covid-19 Zelenko Protocol<sup>1</sup>**

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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<sup>2</sup> with Vitamin C 1000mg once a day for 7 days **or**  
OTC Epigallocatechin-gallate (EGCG) 400mg once a day for 7 days<sup>3</sup>
3. Elemental Zinc 50mg once a day for 7 days<sup>4</sup>
4. Close follow up with doctor

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<sup>1</sup> <https://www.preprints.org/manuscript/202007.0025/v1>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

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

<sup>4</sup> <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<sup>5</sup>
2. Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days<sup>6</sup>
3. Dexamethasone 6mg once a day for 5 to 7 days<sup>7</sup>
4. Blood thinners (i.e. Lovenox)<sup>8</sup>
5. Home O2
6. Home IV fluids

**IF POSSIBLE, KEEP PATIENTS OUT OF THE HOSPITAL**

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<sup>5</sup> <https://www.sciencedirect.com/science/article/pii/S0166354220302011>

<sup>6</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/>

<sup>7</sup> <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436>

<sup>8</sup> [https://www.onlinejacc.org/content/76/1/122?\\_ga=2.33698596.423106752.1597365568-1776897998.1597365568](https://www.onlinejacc.org/content/76/1/122?_ga=2.33698596.423106752.1597365568-1776897998.1597365568)