

Zelenko Protocol Plus¹²

Clinical Suspicion of Covid-19 Treatment Algorithm Risk Stratify Patients and Treat Immediately Based on Clinical Suspicion

Low Risk

Less than 45 years old
No comorbidities
No Shortness of Breath



Rest, oral hydration, fever control
Elemental Zinc 50mg once a day x 1 week
Quercetin 500mg twice a day x 1 week or
EGCG 400mg twice a day x 1 week
Vitamin C 1000mg once a day x 1 week
Vitamin D 50000iu once a week x 3 months

High Risk

More than 45 years old
Less than 45 years old with comorbidities
Any age if Short of Breath



Elemental Zinc 50mg once a day x 1 week
HCQ 200mg twice a day x 5 days
Azithromycin 500mg once a day x 5 days or
Doxycycline 100mg twice a day x 1 week
Vitamin C 1000mg once a day x 1 week
Vitamin D 50000iu once a week x 3 months

Treatment options based on clinical judgement and patient presentation
If patient is symptomatic more than 7 day, and/or appears toxic, and/or has
very high risk for complications

Budesonide 1mg/2cc nebulizer twice a day x 7 days and/or
Dexamethasone 8mg once a day x 7 days and/or
Ivermectin 6mg twice a day x 1 day and/or
Eliquis 5mg twice a day x 7 days
Consider home IV fluids and/or home Oxygen

¹ <https://doi.org/10.1016/j.ijantimicag.2020.106214>

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