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. Perform PCR testing, but do not withhold treatment pending 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 - over the counter options:
1. Elemental Zinc 50mg 1 time a day for 7 days
2. Quercetin 500mg 2 times a day for 7 days or Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days
3. Vitamin C 1000mg 1 time a day for 7 days
4. Vitamin D3 5000iu 1 time a day for 7 days

High risk patients
1. Elemental Zinc 50mg 1 time a day for 7 days
2. Hydroxychloroquine (HCQ) 200mg 2 times a day for 7 days
   If HCQ is not available, Quercetin 500mg 3 times a day for 7 days or EGCG 400mg 2 times a day for 7 days
3. Azithromycin 500mg 1 time a day for 5 days or Doxycycline 100mg 2 times a day for 7 days
4. Vitamin C 1000mg 1 time a day for 7 days
5. Vitamin D3 50000iu 1 time a day for 1 or 2 days

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1 https://www.preprints.org/manuscript/202007.0025/v1
2 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/
3 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/
4 https://pubs.acs.org/doi/10.1021/jf5014633
Other treatment options

1. Ivermectin 6mg 2 times a day for 1 or 2 days
2. Budesonide 1mg/2cc solution via nebulizer 2 times a day for 7 days
3. Dexamethasone 8mg 1 time a day for 7 days
4. Blood thinners (i.e. Lovenox)
5. Outpatient monoclonal antibodies such as REGN-COV2 cocktail or Bamlanivimab
6. Home IV fluids and oxygen

TRY TO 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/
4 https://www.onlinejacc.org/content/76/1/122?_ga=2.33698596.423106752.1597365568-1776897998.1597365568