

# **Zelenko Protocol<sup>1</sup>**

## **Treatment Plan for Patients with Covid-19 symptoms**

### **Prehospital Management**

**Dr. Vladimir Zelenko**  
Website: Vladimirzelenkomd.com

### **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<sup>2</sup>
2. Quercetin 500mg 2 times a day for 7 days<sup>3</sup> **or**  
Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days<sup>4</sup>
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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<sup>1</sup> <https://www.preprints.org/manuscript/202007.0025/v1>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

<sup>4</sup> <https://pubs.acs.org/doi/10.1021/jf5014633>

### **Other treatment options**

1. Ivermectin 6mg 2 times a day for 1 or 2 days<sup>5</sup>
2. Budesonide 1mg/2cc solution via nebulizer 2 times a day for 7 days<sup>6</sup>
3. Dexamethasone 8mg 1 time a day for 7 days<sup>7</sup>
4. Blood thinners (i.e. Lovenox)<sup>8</sup>
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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<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)