

Prehospital Management of Covid-19 < Zelenko Protocol>

Dr. Vladimir Zelenko

Twitter: @zev_dr

Zelenko 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 with Vitamin C 1000mg once a day for 7 days **or**

OTC Epigallocatechin-gallate (EGCG) 400mg once a day for 7 days

3. Elemental Zinc 50mg once a day for 7 days
4. Close follow up with doctor

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

Zelenko Covid-19 Prophylaxis Protocol

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Prophylaxis is an action taken to prevent or protect against a specified disease. Greek in origin, from the word "phylax", meaning "to guard" and "watching."

Low Risk Patients

Young healthy people do not need prophylaxis against Covid 19. In young and healthy people, this infection causes mild cold-like symptoms. It is advantageous for these patients to be exposed to Covid-19, build up their antibodies and have their immune system clear the virus. This will facilitate the development of herd immunity and help prevent future Covid-19 pandemics. However, if these patients desire prophylaxis against Covid-19, then they should take the protocol noted below.

Moderate Risk Patients

Patients from this category are healthy but have high viral-load exposure. This group includes medical personnel, caregivers of high-risk patients, people who use public transportation or may otherwise be exposed, first responders and other essential personnel who are crucial to the continued functioning of society. These patients should be encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

High Risk Patients

Patients are considered high risk if they are over the age of 60, or if they are younger than 60 but they have comorbidities, that is, they have other health conditions that put them at risk. These patients have between a 5 to 10% mortality rate if they are infected with Covid-19. These patients should be strongly encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

Protocol for Low and Moderate Risk Patients:

Elemental Zinc 25mg one a day

Vitamin C 1000mg once a day

Quercetin 500mg (OTC) once a day

If Quercetin is unavailable, then use Epigallocatechin-gallate (EGCG) 400mg (OTC) once a day

Protocol for High Risk Patients:

Elemental Zinc 25mg once a day

Hydroxychloroquine (HCQ) 200mg once a day for 5 days, then once a week

If HCQ is unavailable, then use the Protocol for Low and Moderate Risk Patients.