

Prehospital Management of Covid-19

Zelenko Protocol¹

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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, Tylenol as needed
2. Vitamin C 1gm once a day for 7 days
3. Quercetin 500mg twice a day for 7 days²
4. Elemental Zinc 50mg once a day for 7 days³
5. Close follow up with doctor

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

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

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>

High risk patients

1. Rest, oral fluids
2. Tylenol as needed
3. Elemental Zinc 50mg once a day for 5 to 7 days.
4. Hydroxychloroquine (HCQ) 200mg twice a day for 5 to 7 days
5. Azithromycin 500mg once a day for 5 days **or** doxycycline 100mg twice a day for 5 to 7 days

Note: If HCQ is inaccessible (e.g. pending PCR test results) then use Quercetin 500mg three times a day in place of HCQ. If HCQ becomes accessible (e.g. positive PCR test result) , then switch to HCQ.

Additional treatment options. S hou ld be uniquely custom tailored for every patient.

1. Ivermectin 6mg twice a day for 1 day ⁴
2. Budesonide 1mg/2cc solution v ia nebulizer twice a day for 7 days ⁵
3. Dexamethasone 6mg once a day for 5 to 7 days⁶
4. Blood thinners (i.e. Eliquis or Xarelto) ⁷
5. Home O₂
- 6.. Home IV fluids

IF POSSIBLE, KEEP PATIENTS OUT OF THE HOSPITAL

⁴ <https://www.sciencedirect.com/science/article/pii/S0166354220302011>

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/>

⁶ <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436>

⁷ <https://www.onlinejacc.org/content/76/1/122?ga=2.33698596.423106752.1597365568-1776897998.1597365568>