



## PLAN FROM AFLD PHYSICIAN MEDICATION PROTOCOL FOR COVID-19

PATIENT NAME:	
PATIENT DATE OF BIRTH (DOB) (DD/MM/YYYY)	PATIENT PHONE NUMBER
PATIENT PHN (PERSONAL HEALTH CARD NUMBER)	
PATIENT ADDRESS	
PHYSICIAN NAME	
PHYSICIAN CPSBC ID-NUMBER	PHYSICIAN MSP NUMBER
DATE (DD/MM/YYYY)	PRESCRIPTION EXPIRY DATE

### IMMUNE HEALTH

- Age < 15 Years Old Daily:**
  1. ELDERBERRY & ZINC GUMMIES as directed for ~90 days (90) (RX3)
  2. VITAMIN D 2,000 i.u. PO OD for ~90 days (90) (RX3)
- Age > 15 Years Old Daily:**
  1. ELEMENTAL ZINC 50 mg PO OD for ~90 days (90) (RX3)
  2. VITAMIN D 5,000 to 10,000 i.u. PO OD for ~90 days (90) (RX3) {
  3. QUERCETIN 500 mg PO BID for ~90 days (90) (RX3)
  4. MELATONIN 1 to 6 mg PO QHS for ~90 days (90)

*NOTE: If you're fair skinned, experts say going outside for 10 minutes in the midday sun—in shorts and a tank top with no sunscreen—will give you enough radiation to produce about 10,000 international units of the vitamin. Therefore, a shirtless, fully-exposed human back exposed to summertime sun for 20 minutes makes approximately 20,000 i.u. of Vitamin D.*

### HCQ GLOBAL SARS-CoV-2 PROPHYLAXIS THERAPY

- Weekly:**
  - DAY 1 on WEEK 1: Plaquenil, or Hydroxychloroquine 400 mg (or 2 X 200 mg) BID on first day, **THEN**
  - DAY 2 on WEEK 2: Plaquenil or, Hydroxychloroquine 400 mg (or 2 X 200 mg) WEEKLY for ~90 days (15) (RX3)
- Daily:**
  - ELEMENTAL ZINC 50 mg PO OD for ~90 days (90) (RX3)
  - VITAMIN D 5,000 to 10,000 i.u. PO OD for ~90 days (90) (RX3)  
{NOTE: a shirtless, fully-exposed human back exposed to summertime sun for 20 minutes makes approximately 20,000 i.u. of Vitamin D.}
  - QUERCETIN 500 mg PO BID for ~90 days (90) (RX3)
  - MELATONIN 1 to 6 mg PO QHS for ~90 days (90)
  - MAGNESIUM GLYCINATE (or BISGLYCINATE) 200mg PO TID for ~90 days (RX3)  
**NOTE: NOT sulfate or gluconate (diarrhea)**

### ACUTE COVID-19 INFECTION TREATMENT

#### Low-risk patient

- Younger than 60
  - NO comorbidities
  - NO serious symptoms.
1. SUPPORTIVE: Rest, oral fluids **TYLENOL** as needed
  2. VITAMIN C 1,000 mg (1 gram) PO OD for 7 days
  3. QUERCETIN 500 mg PO BID FOR 7 days
  4. ELEMENTAL ZINC 50 mg PO OD for 7 days
  5. MEDICAL F/U: **Close follow up with a doctor**

#### High-risk patient

- Older than 60
  - Younger than 60 with comorbidities
  - Serious symptoms.
1. SUPPORTIVE: Rest, O2-prongs, PO fluids **TYLENOL** PRN
  2. ELEMENTAL ZINC 50mg. PO OD for 7 days
  3. HYDROXYCHLOROQUINE (HCQ) 200 mg PO BID for 5 to 7 d
  4. AZITHROMYCIN 500 mg PO OD for 5 DAYS, **or**
  5. DOXYCYCLINE 100 mg PO BID for 5 to 7 day

### LONG HAUL COVID-19 PATIENT (if chronic fatigue, muscular aches)

- IVERMECTIN 0.2-0.4 mg/kg PO OD for 2 to 7 days, **or**
- HYDROXYCHLOROQUINE (HCQ) 200mg PO BID for 3-5 days
- ASA 325 mg PO BID for 30 days PRN
- PREDNISONE 10mg PO OD for 6 days
- ELEMENTAL ZINC 50mg PO OD for 90 days
- VITAMIN B MIX 1 CAP PO BID for 30 days
- VITAMIN D 5,000 to 10,000 i.u. PO OD for 30 days

Signature & Prescription Number: