

## **IVERMECTIN-PROphylaxis & Outpatient Treatment rEducing Covid Toll**

# **I-PROTECT 2.0**

- Please note that these protocols are guidelines for medical practitioners.
- They are not absolute in terms of dosing and frequency.
- Primary care givers are the foremost authority to decide what is optimal for their patients.

# I-PROTECT 2.0

## PRE-EXPOSURE PROPHYLAXIS

### Drugs:

1. Ivermectin
2. Hydroxychloroquine
3. Povidone Iodine 0.4-0.6% Dilution Nasal /throat spray
4. Nitric Oxide (nasal spray) - Sanotize<sup>®</sup>
5. Ivermectin, Hydroxychloroquine & aprotinin (nasal spray) - University of Turku
6. Hydrogen Peroxide 0.75-1.5% oral/nasal spray or nebulisation

# I-PROTECT 2.0

## EARLY OUTPATIENT PROTOCOL - MODERATE COVID SYMPTOMS

### IVERMECTIN (Special cases)

- Patients with meningitis, encephalitis SHOULD NOT take ivermectin
- Patients taking drugs such as Tacrolimus, cyclosporine, warfarin should monitor drug levels if they opt to take IVM
- Patients with kidney diseases can take ivermectin
- Patients with liver issues EXCEPT CIRRHOSIS can take ivermectin
- Pregnant and lactating women are not recommended to take for prophylaxis, however if infected with moderate to severe infections , they may take ivermectin
- Kids are normally not require IVM

# I-PROTECT 2.0

## IVERMECTIN-PRophylaxis & Outpatient Treatment rEducing Covid Toll

### Ivermectin

- Anti viral against Zika , Dengue, Chikungunya
- 0.2mg /kg bodyweight dose for mild cases
- 0.4-0.8mg/kg for moderate to severe cases
- Sublingual Ivermectin IS IMPERATIVE for patients with SEVERE hypoxemia <85%

# I-PROTECT 2.0

## IVERMECTIN-PROphylaxis & Outpatient Treatment rEducing Covid Toll

(PROPHYLAXIS)

- **Ivermectin 0.2mg/kg bodyweight per dose:**
  - **one dose twice a week**
- In India, with the presence of the Indian Variant, Doctors there have suggested to increase their dose to 0.4mg/kg

Exposure to a suspected or confirmed COVID patient

- Ivermectin 0.2mg/kg bodyweight per dose, one dose on Day 1 and Day 2

# I-PROTECT 2.0

## EARLY OUTPATIENT PROTOCOL - MILD COVID SYMPTOMS

First signs of COVID infection, ie fever, cough, body pains, muscle aches, etc.:

- Check oxygen saturation using pulse oximeter every 2-4hrs esp elderly and with co-morbidities, must be 95% and above
- Ivermectin 0.04-0.6mg/kg bodyweight per dose, one dose per day, minimum 5 days. May extend daily dose up to 7 days\*
- Doxycycline 100mg BID 7-10 day
- Inhaled Budesonide 200mcg /dose, 2 actuations BID (Patients over 65 yrs old or >50 yrs old with co-morbidities, Obese at ANY age, anxiety disorders)

# I-PROTECT 2.0

## EARLY OUTPATIENT PROTOCOL - MODERATE COVID SYMPTOMS

When Oxygen saturation is consistently below 95% for more than 5 minutes

- Must start on Oxygen support, increase O<sub>2</sub> output until O<sub>2</sub> saturation reaches >95%
- Monitor O<sub>2</sub> saturation hourly esp in at night time
- ORAL STEROIDS<sup>a,b</sup>:
  - Methylprednisolone 16mg BID (8AM- 5pm) for 7 days - better lung tissue penetration, less likely to cause hypertension and water retention

OR

- Dexamethasone 4mg BID (AM - PM)
- For OBESE or patients with very low Oxy Sat 85%,
  - Methylprednisolone 1.5-2 mg/kg divided into 2 or 3 doses (AM-NOON-DINNER)

OR

- Dexamethasone 8mg BID (AM-PM)

<sup>a</sup> (take note of Aspirin and steroids, risk of gastric irritation/bleeding)

<sup>b</sup> Discontinue inhaled budesonide if given prior

# I-PROTECT 2.0

## EARLY OUTPATIENT PROTOCOL - MODERATE COVID SYMPTOMS

Adjunct to Ivermectin

- Aspirin 100-300mg OD
- Sulodexide 250 LSI 2 caps every 12hrs
- Bromhexine 8mg 3-4x/day
- Cyproheptadine 12-24mg/day
- Cetirizine or Loratidine 10mg OD
- Montelukast 10mg OD
- N-Acetylcysteine 600mg TID
- Colchicine 500mcg BID x 3 days then OD

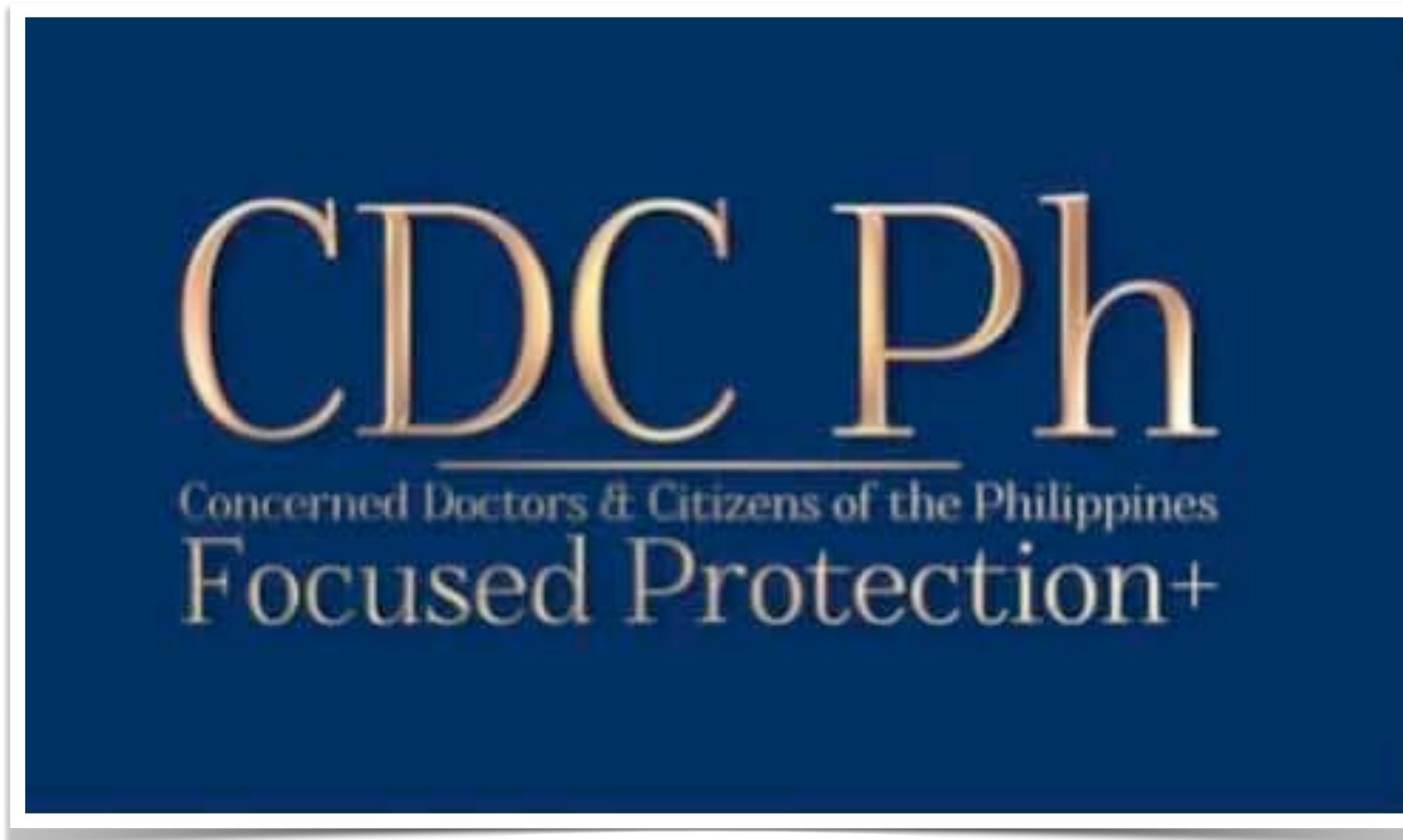


# I-PROTECT 2.0

## EARLY OUTPATIENT PROTOCOL - MODERATE COVID SYMPTOMS

### IVERMECTIN AND VACCINES

- IVERMECTIN does not affect vaccine efficacy
- If you want to take ivermectin prior to vaccination, 1 week prior is best
- for vaccinated, wait 1 week after injection
- IF you have been vaccinated and you have been exposed to covid, you **HAVE** to take your IVM, esp if its your first dose.
- If you have been fully vaccinated. You may still continue to take your IVM if you wish to.



# **HOME CARE PROTOCOL**

**By Dr Homer Lim, CDCPh  
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# HOME CARE KIT

- Paracetamol
- Aspirin 80-100mg
- Nasal Decongestants: phenylephrine, chlorphenamine, herbals, essential oils
- Mucolytics: Ambroxol, Bromhexine, N acetylcysteine
- Melatonin 3-6mg tablets
- Vitamin C 500-1000mg capsules
- Vitamin D 800-2000IU capsules
- Quercetin 250-500mg/caps or EGCG 250-500mg/cap
- Zinc 20-50mg/day
- Virgin coconut oil
- Serpentina (Andrographis paniculata)
- Oregano oil/extract
- Thermometer/pulse oximeter
- Oxygen tank or concentrator
- Steam inhalation device /Nebulizer

# FOCUS GROUPS

## BOOST IMMUNITY

Everyone Else

## PROPHYLAXIS PROTOCOL

Frontlines  
HCW

V&E  
Vulnerable  
and Elderly

## EARLY TREATMENT (first 5-7 days)

Mild  
Sympto-  
matic

>50 yrs old  
with/or  
comorbidities

# I-PROTECT

**IVERMECTIN-PRophylaxis & Outpatient Treatment rEducing Covid Toll**

**BOOSTING IMMUNITY**

EVERYONE

- Vitamin C 1000-2000mg/day
- Vitamin D3 1000-3000IU/day
- Zinc 30-40mg/day
- Quercetin 250mg/day OR Epigallocatechin gallate (EGCG 500mg/day) OR Raw Onions/garlic/sweet potato leaves as a juice extract 10-15ml
- Virgin coconut oil 1 tablespoon 3x a day
- Melatonin 6mg at bedtime

# I-PROTECT

## IVERMECTIN-PRophylaxis & Outpatient Treatment rEducing Covid Toll

(PRE-EXPOSURE PROPHYLAXIS)

High Risk individuals ie elderly, with co-morbidities, front liners:

- **Betadine nasal or oral spray or Hydrogen Peroxide 1.5% (1 part hydrogen peroxide + 1 part water)**
- **Ivermectin 0.2mg/kg bodyweight per dose, 2 doses per week Vitamin C 1000-2000mg/day**
- Vitamin D3 1000-3000IU/day
- Zinc 30-40mg/day
- Quercetin 250mg/day OR Epigallocatechin gallate (EGCG 250mg/day) OR Raw Onions/garlic/sweet potato leaves as a juice extract 10-15ml
- Virgin coconut oil 1 tablespoon 3x a day
- Melatonin 6mg at bedtime

# I-PROTECT

## IVERMECTIN-PROphylaxis & Outpatient Treatment rEducing Covid Toll

(PRE-EXPOSURE PROPHYLAXIS)

- **Ivermectin 0.2-0.8mg/kg bodyweight per dose, 2 doses per week**
  - **65kg person =  $0.2\text{mg} \times 65 = 13\text{mg}$ . One (1) 15mg capsule is good for one dose**
  - **90kg person =  $0.2\text{mg} \times 90 = 18\text{mg}$ . Two (2) 15mg capsule is still within the accepted range**

# I-PROTECT

## IVERMECTIN-PROphylaxis & Outpatient Treatment rEducing Covid Toll

### POST-EXPOSURE PROPHYLAXIS

Exposure to a suspected or confirmed COVID patient

- **Ivermectin 0.2-0.4mg/kg bodyweight per dose, one dose on Day 1 and Day 2**
- Vitamin C 1000-2000mg/day
- Vitamin D3 1000-3000IU/day
- Zinc 30-40mg/day
- Quercetin 250mg/day OR Epigallocatechin gallate (EGCG 250mg/day) OR Raw Onions/  
garlic/sweet potato leaves as a juice extract 10-15ml
- Virgin coconut oil 1 tablespoon 3x a day
- Melatonin 6-12mg at bedtime



If you have signs of Covid, such as cough,  
colds, body pains, **DIFFICULTY**  
**BREATHING**, Treat as COVID unless test  
shows otherwise

# HOME CARE for COVID

- Once you have signs and symptoms of COVID, ISOLATE
- All persons of the same household are presumed to have COVID
- So ALL MUST MONITOR THEMSELVES FOR SIGNS and SYMPTOMS
- CALL/TEXT/TELEMED with your Doctor for drugs treat your COVID EARLY!

# I-PROTECT

## EARLY OUTPATIENT PROTOCOL - MILD COVID SYMPTOMS

First signs of COVID infection, ie fever, cough, body pains, muscle aches, etc.:

- Check oxygen saturation using pulse oximeter every 2-4hrs esp elderly and with co-morbidities, must be 95% and above
- Ivermectin 0.4-0.6mg/kg bodyweight per dose, one dose per day, minimum 2 days. May extend daily dose up to 7 days\*

- Doxycycline 100mg BID 7-10 day
- Vitamin C 2000-4000mg/day
- Vitamin D3 4000-5000IU/day
- Inhaled Budesonide 200mcg /dose, 2 actuations twice day (Patients over 65 yrs old or >50 yrs old with co-morbidities, Obese at ANY age, Anxiety disorders)

# I-PROTECT

## EARLY OUTPATIENT PROTOCOL - MILD COVID SYMPTOMS

- Zinc 50-100mg/day
- Aspirin 100-325mg/day
- Quercetin 250mg/day OR Epigallocatechin gallate (EGCG 500mg/day) OR Raw Onions/garlic/sweet potato leaves as a juice 10-15ml
- Virgin coconut oil 1 tablespoon 3x a day
- Melatonin 3-6mg 3x a day then 12-24mg at bedtime (may cause drowsiness)
- Betadine nasal or oral spray or Hydrogen Peroxide 1.5% (1 part hydrogen peroxide + 1 part water)

# HOME CARE for COVID

- All persons over 50 yrs old MUST check oximeter reading every 2 hrs
- If your oxygen saturation on the pulse oximeter is below 95%, pls recheck using a different finger
- If it is persistently below 95%, put on your oxygen mask or nasal cannula IMMEDIATELY!
- Adjust output of the oxygen device by 0.5L every 3 mins until your oxygen reaches 95%
- If pulse oximeter reading is persistently below 90% with FULL OXYGEN OUTPUT, prepare patient for possible hospitalisation
- PLEASE make sure you have enough oxygen to last 24 hours uninterrupted use.

# HOME CARE for COVID

- Take ivermectin AFTER meals not before
- Aspirin and steroids after a meal
- Make sure patient/s are in a well ventilated, with room temp. Between 24-26°C
- Give meals that are easy digested, like soups
- AVOID Phlegm forming food ie milk, cheese, wheat
- ALWAYS recheck oxygen saturation, BP, heart rate
- If your oxygen is persistently low, you will need to get a prescription steroids from your Dr.