

Be Prepared to Take Care of Yourself If You Get COVID 19

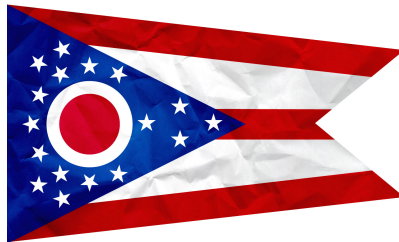
1. STUDY Early Treatment Guides, and explore Treatment options
<https://c19protocols.com/category/treatment-protocols/>

2. PREVENT

- Take a **Vitamin D** Supplement daily
- Make a habit of using mouth wash to swish and gargle
- Practice rinsing your nose after exposure
- If you are high risk, consider a prescription drug prevention protocol
<https://c19protocols.com/category/prevention-protocols/>

3. PREPARE an Emergency Kit for yourself and your loved ones

4. PLAN how to get the medical help you need



Disclaimer:

This presentation is for informational purposes only and is not intended to replace or substitute for any professional medical, legal, or other advice.

Dr. Miriam Weiss makes no representations or warranties and expressly disclaims any and all liability concerning any treatment or action by any person following the information offered or provided.

If you have specific concerns or a situation in which you require professional or medical advice, you should consult with an appropriately trained and qualified specialist.

Ohioans Defending Freedom

December 4, 2021

Miriam F Weiss, MD, MA, retired

1. STUDY

Truth for Health Foundation

<https://www.truthforhealth.org/>

Read ALL the fact sheets.

<https://www.truthforhealth.org/patientguide/patient-treatment-guide/>



World Council for Health



<https://worldcouncilforhealth.org/>

This excellent resource has a down-loadable booklet called: *Early Covid-19 Treatment Guidelines: A Practical Approach to Home-based Care for Healthy Families.*

<https://worldcouncilforhealth.org/resources/early-covid-19-treatment-guidelines-a-practical-approach-to-home-based-care-for-healthy-families/>

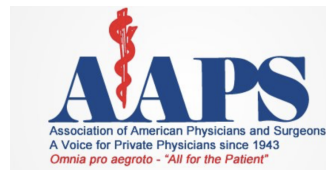
Spend some time on the site to learn about managing “long COVID” and what you might do if you have taken a gene therapy “vaccine”

Association of American Physicians and Surgeons

<https://aapsonline.org/>

The AAPS was one of the first groups to publish a guide to self-treatment at home.

<https://aapsonline.org/covidpatientguide/>



Katie Jennings packet

https://roar-assets-auto.rbl.ms/documents/11504/EarlyTreatmentPacket_KJ_081021_new.pdf

Katie wrote an easy-to-read pamphlet, with links to treating physicians & pharmacies.



Macabim – Doctors and Scientists United To Save Humanity

<https://macabim.org/>

This is Dr. Zelenko’s site. He has united another group of experts. This site includes protocols for prophylaxis as well as treatment.

Comprehensive listing of COVID 19 treatment protocols

<https://c19protocols.com/>

This site provides an array of treatment protocols (*Early treatment, Prevention, Long COVID*) to study or to show to your health care provider. There are scientific articles that can be downloaded and shared. The *Studies* tab links to comprehensive meta-analyses of early drug treatment. The *Facilities* tab provides links to telemedicine services and treating physicians.



Front Line COVID-19 Critical Care Alliance
Prevention & Treatment Protocols for COVID-19



3. PREPARE Your Emergency Kit

All doses listed here are for ADULTS ONLY.

PLEASE **STUDY** the protocol links for specific dosing.

READILY AVAILABLE:

Equipment:

1. Thermometer
2. Pulse Oximeter
3. Home rapid test kit (N-protein)
4. Nebulizer – check the CPAP shop (Philips Respironics InnoSpire only \$29)

Over the counter essentials:

1. **Vitamin D – Cholecalciferol 2000-5000 IU – START a daily dose NOW**
2. Zinc (gluconate, sulfate, citrate, orotate, etc) 50 mg of elemental zinc
3. Quercetin 500-1000 mg twice daily
4. Aspirin – 325 mg

Over the counter supplements of value:

1. Vitamin C
2. N-acetyl cysteine (NAC)
3. Melatonin

Over the counter mouth and nasal washes: **START NOW**

1. Povidone-Iodine 10% (Betadine)
2. Cetylpyridinium (Scope, ACT, Crest, etc) OR Eucalyptol, Thymol (Listerine)

RESTRICTED:

Prescription therapeutics:

1. Hydroxychloroquine, 200 mg by mouth twice daily for 7 days
2. Ivermectin, 0.2 to 0.6 mg/kg (best absorbed with food)

Prescription antibiotics:

1. Azithromycin, 500 mg by mouth on first day, then 250 mg daily for 7 days
2. Doxycycline, 100 mg by mouth every 12 hours for 7 days

Prescription anti-inflammatory:

1. Inhaled Budesonide (Pulmicort)
can be prescribed in a self-contained inhaler or as ampules used with a nebulizer
2. Prednisone in pill form

4. PLAN

Find out what help you will need

- Bring a copy of a protocol published in a scientific journal to your prescribing care-giver. <https://c19protocols.com/>
- Ask if your care-giver is willing to treat you by protocol?
- Find out if there are any SPECIFIC treatments your care-giver is willing to support.
 - Antibiotics?
 - Steroids?
 - Inhaled steroids?
 - Monoclonal antibodies?
 - Home oxygen?
 - New early treatment medications when released by FDA?
 - Lagevrio (Molnupiravir, Merck)
 - Paxlovid (SARS-CoV2-3CL inhibitor plus Ritonovir - Pfizer)
- If your care-giver is not willing or knowledgeable to treat you for COVID19, find someone who is. See links below.

Telemedicine and Treating Care-givers

<https://c19protocols.com/physicians-facilities-offering-early-treatment/>

Be patient. Keep trying. Extended waits to obtain care from telemedicine services are common because of high demand.

List of Independent Practices: <https://aapsonline.org/covidearlytreatment>

List #2 Independent Practices: <https://www.doctorsdontfearcovid.com/>

List #3 of Independent Practices (includes non-US options and additional regional telemedicine options): <https://www.exstnc.com/>

Telemedicine: <https://americasfrontlinedoctors.org/#covid>

Telemedicine: <https://www.synergyhealthdpc.com/covid-care/>

Telemedicine: <https://www.pushhealth.com/drugs/ivermectin>

Telemedicine: <https://americasfrontlinedoctors.org/#covid>

Telemedicine (i-Mask protocol): <https://text2md.com/i-mask-protocol/>

Telemedicine: <https://speakwithanmd.com/corsination>

Telemedicine: [FrontlineMDs.com](https://frontlinemd.com)

Telemedicine: <https://myfreedoctor.com/>

FLCCC List of Additional Telemedicine/In-Person Options (i-Mask protocol): <https://covid19criticalcare.com/ivermectin-in-covid-19/how-to-get-ivermectin/>

4. PLAN

One time outpatient intravenous infusion arranged by health care provider is available to individuals who are at high risk, as defined below.

1. Bamlanivimab/Etesevimab (Eli Lilly)
2. Casirivimab/Imdevimab (Regeneron)
3. Sotrovimab (GSK)


<https://combatcovid.hhs.gov/i-have-covid-19-now/monoclonal-antibodies-high-risk-covid-19-positive-patients>

<https://combatcovid.hhs.gov/i-have-covid-19/how-do-i-know-if-im-high-risk>

This site has a “Find Infusion Center” button, that can help you locate facilities where the monoclonal antibody treatments are available. Your care provider can fax a prescription to one of the infusion sites.

Have symptoms, but no healthcare provider? Call the Combat COVID Monoclonal Antibodies Call Center at 1-877-332-6585.

Unfortunately, the wait time at this number was long, so I cannot confirm whether they can provide

 INDIVIDUALS 12 OR OLDER MAY QUALIFY FOR A MONOCLONAL ANTIBODY TREATMENT IF THEY HAVE CERTAIN AGE-BASED RISK FACTORS			
AGES 12–17	AGES 18–54	AGES 55–64	AGES 65 OR OLDER
Obesity* Diabetes Chronic kidney disease A condition or are taking medication that weakens the immune system** Heart condition that is congenital or acquired such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension) Sick cell disease A developmental condition like cerebral palsy Daily medicine for asthma or another long-term lung disease Dependent on regular use of medical technology like a ventilator or feeding tube	Obesity* Diabetes Chronic kidney disease Heart condition such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension) Pregnancy A condition or are taking medication that weakens the immune system** Dependent on regular use of medical technology like a ventilator or feeding tube	Obesity* Diabetes Chronic kidney disease A condition or are taking medication that weakens the immune system** Heart or circulatory disease High blood pressure A long-term lung disease like chronic obstructive pulmonary disease (COPD) or asthma Dependent on regular use of medical technology like a ventilator or feeding tube	Anyone 65 or older qualifies
<small>*Obesity is defined as: 18 or older with a body mass index (BMI) of 35 or above or for 12–17 year olds with a BMI above the 85th percentile for their age and gender based on Centers for Disease Control and Prevention growth charts. **Up to the individual healthcare provider's judgment.</small>			

4. PLAN

Obtain restricted early treatment medications

If you have a prescription, use an Early Treatment-Friendly Pharmacy

<https://covid19criticalcare.com/pharmacies/>

or a Compounding Pharmacy such as

The compounding lab. 937 723 2885

<https://www.thecompoundinglab.com/>

Infuserve America

<https://www.infuserveamerica.com/>

Or order from an international pharmacy

<https://www.reliablerxpharmacy.com/>

<https://www.reliablerxpharmacy.com/catalogsearch/result/?q=ivermectin>

This Indian pharmacy uses an echeck system.

I know several people who have ordered from them successfully. Delivery in 2-3 weeks

<https://buyivermectin24.com/>

Pay with a credit card. Shipment took about 5 weeks.

<https://buyivermectinforhumans.us/ivermectin/>

I have no experience with this pharmacy. Prescription not required

<https://mexipharmacy.mx/eng>

I have no experience with this pharmacy. Prescription not required

Be very careful

If you decide to self-medicate, be sure to follow your protocol instructions exactly.

This is why you must STUDY !!

YOU MUST CALCULATE THE PROPER DOSE OF IVERMECTIN

Remember

1 kilogram (kg) = 2.21 pounds (lb)

For example –

Ivermectin is dosed at 0.2-0.6 milligrams (mg) per kg body weight.

If you weigh 180 pounds, 81kg, your dose will be 24 mg at 0.3 mg/kg

Frequency and duration depend on the protocol you choose to follow.