

To build your immune system:

Get good sleep

Regular exercise, even 15-30 min a day

Eat less processed carbs and sugars

Vit D3 2000-5000 IU daily

For prophylaxis or exposure:

Vit D3 10,000 IU daily

Vit C 2000 mg daily

Zinc 30 mg daily

*Ivermectin 0.2 mg/kg daily

If sick with any respiratory illness:

Vit D3 10,000 IU daily

Vit C 10,000 mg daily

Zinc sulfate 220 mg daily for 5 days

Quercetin 500 mg twice daily until no more symptoms

Aspirin 80 mg daily until no more symptoms

Nasal/sinus flushes (Neti pot) with 1 tsp salt, or ½ tsp apple cider vinegar, or 2 drops betadine 2-3 times daily

*Ivermectin 0.4 mg/kg 5-7 days

Or

*Hydroxychloroquine 400 mg twice daily day 1, then 200 mg twice daily for 7 days

If any trouble breathing or tightness in chest - ADD:

Home nebulizer machine with 3 oz of ½ distilled water and ½ food-grade hydrogen peroxide every 3-4 hours

* Prescription only. Get from covid19criticalcare.com or americasfrontlinedoctors.org