

# 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** serious illness
- 3. PREPARE** an Emergency Kit for yourself and your loved ones
- 4. PLAN** 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**

January 10, 2022

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# 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.”

## 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. This is the core set of guidelines.



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

## Katie Jennings packet

[https://roar-assets-auto.rbl.ms/documents/11504/EarlyTreatmentPacket\\_KJ\\_081021\\_new.pdf](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 preventing COVID as well as treatments for Long COVID.

## 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.

## 2. PREVENT

Lose Weight

Breathe fresh air

Take (Cholecalciferol) 5000 IU, 125 mcg daily

When risk is high – take Zinc 50 mg elemental daily

When risk is high – add Quercetin 500-1000 mg once or twice daily

Gargle & swish with mouth wash, daily

- Cetylpyridinium (Scope, ACT, Crest, etc) OR
- Eucalyptol, Thymol (Listerine)

1% Povidone Iodine (Betadine) – Use as mouthwash/gargle and nasal lavage. For treatment use every four hours.



- Start with an empty 250 mL nasal wash bottle (set the packets of salt aside for a later time.)
- Add 25 mL (1 and ½ Tbsp) of 10% Povidone iodine to the bottle
- Fill the bottle with water (use distilled, sterile or previously boiled water)
- Apply/gently spray 4-5 drops to each nostril. Sniff and hold for a few moments, then drain.   
e over the sink. It can be messy.

Iota-Carrageenan

(anti-viral derived from red algae)

Use Nasal Spray four times per day



# 3. PREPARE Your Emergency Kit

**All doses listed here are for ADULTS ONLY.**

PLEASE 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 (for example, Philips Respironics InnoSpire \$29)

### Over the counter essentials:

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

### 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 (Prevent!)**

1. Buy 10% solution of Povidone-Iodine (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) daily for 5 days or per protocol

### Prescription antibiotics:

1. Azithromycin, 500 mg by mouth on first day, then 250 mg daily for 7 days **OR**
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 respules used with a nebulizer
2. Prednisone, Methylprednisolone or Dexamethasone oral or intravenous
3. Colchicine

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# 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? **See Black Box Warnings below**
  - Steroids?  **Lagevrio** (Molnupiravir, Merck)
  - Inhaled steroids? **Paxlovid** (Nirmatralvir plus
  - Monoclonal antibodies?  Home oxygen? Ritonovir, Pfizer)
  - New EUA Medications?*
- 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/>

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://FrontlineMDs.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/>

**Molnupiravir is known to cause mutations.**

**Paxlovid can cause serious drug interactions with medications metabolized by CYP3A4 (Cytochrome p450), such as anticoagulants, antidepressants, and statins.**

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## 4. PLAN

**One time outpatient intravenous infusion arranged by health care provider may be available to individuals who are at high risk, as defined below.** The Federal Government has a monopoly on the supply and has been restrictive, making these difficult to obtain even if you qualify.

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>



## 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
<p>Obesity*</p> <p>Diabetes</p> <p>Chronic kidney disease</p> <p>A condition or are taking medication that weakens the immune system**</p> <p>Heart condition that is congenital or acquired such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension)</p> <p>Sickle cell disease</p> <p>A developmental condition like cerebral palsy</p> <p>Daily medicine for asthma or another long-term lung disease</p> <p>Dependent on regular use of medical technology like a ventilator or feeding tube</p>	<p>Obesity*</p> <p>Diabetes</p> <p>Chronic kidney disease</p> <p>Heart condition such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension)</p> <p>Pregnancy</p> <p>A condition or are taking medication that weakens the immune system**</p> <p>Dependent on regular use of medical technology like a ventilator or feeding tube</p>	<p>Obesity*</p> <p>Diabetes</p> <p>Chronic kidney disease</p> <p>A condition or are taking medication that weakens the immune system**</p> <p>Heart or circulatory disease</p> <p>High blood pressure</p> <p>A long-term lung disease like chronic obstructive pulmonary disease (COPD) or asthma</p> <p>Dependent on regular use of medical technology like a ventilator or feeding tube</p>	<p>Anyone 65 or older qualifies</p>

\*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.

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# 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. Prescription not required

<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

<https://insulinhub.com/> Prescription not required

## Be very careful

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

This is why you need to 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

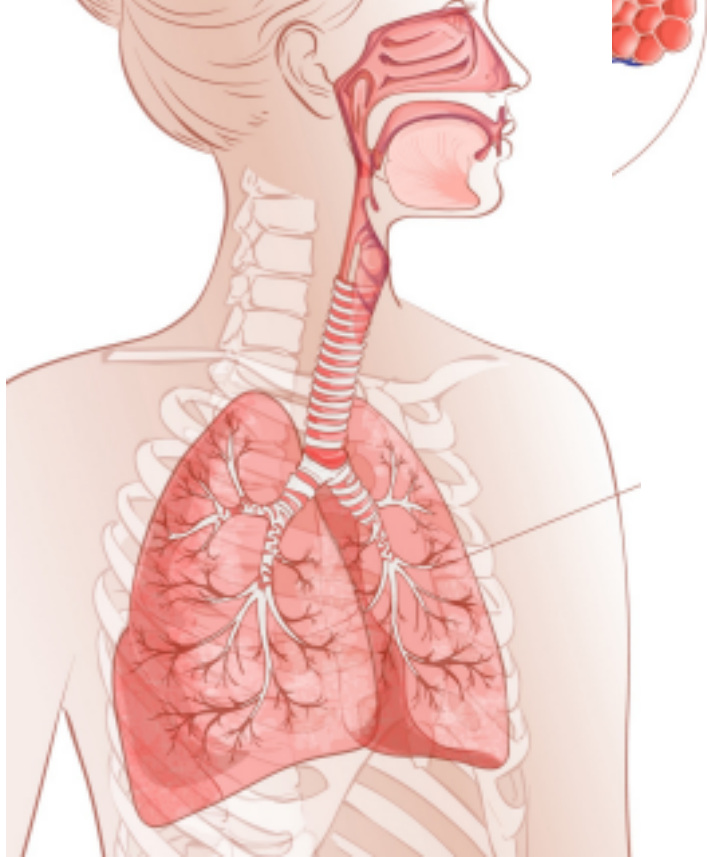
Frequency and duration depend on the protocol you choose to follow.

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Early





STEROIDS HCQ

STEROI

ASPIRIN

Quercetin  
Vitamin C  
N-acetyl cysteine  
(NAC)  
Melatonin

Nasal lavage ZINC

STEROIDS

ASPIRIN

*Zelenko's regimen*

HYDROXYCHLOROQUINE  
(HCQ) ZINC, Azithromycin or  
Doxycycline

Lat