**SUGGESTED OUTPATIENT TREATMENT FOR COVID IN ALASKA (Please Consult Your Physician) This information is provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.**

**PLAN AHEAD: HAVE ON HAND WHEN YOU GET SICK**

Two thermometers w/batteries $40 or less. Blood pressure monitor $40. Oximeter $40 Nebulizers online $40-100?? [www.nebulizers.com](http://www.nebulizers.com/)

May be of some benefit (do your own research): Black Elderberry, NAC, Selenium, Magnesium (citrate 500 mg/day), Pepcid, Garlic, Honey, Black Cumin Seed, Gargle with yellow mouthwash.

**PREVENTION SUPPLEMENTS**

Vitamin D3 5,000 to 10,000 iu/day. Vitamin D level should be over 50 (80-100 best)

Zinc 25-50 mg/d depending on GI tolerance (helps prevent viral replication). If you stay on it long term (more than one month) take multivitamin w/copper

Vitamin C 1,000 mg/day [Emergen-C also has B complex vitamins] take in the morning Quercetin 250 – 500 mg/day supplement (if on thyroid medicine - discuss with your doctor; helps bring zinc into the cells).

Melatonin (slow release) as tolerated (1-10 mg/day) at bedtime.

Tumeric (Curcumin) Selenium 100-200 mg/day NAC 500 mg/day .

High Risk people can consider prophylaxis with Ivermectin or Hydroxychloroquine. Info on purchase can be found at alldaychemist.com or Ivermectin.com. Dosage can be found on FLCCC Alliance web page <https://covid19criticalcare.com/protocol/i-prevent-covid-flu-rsv/>

**Treatment Supplements when sick**

**Seek your physician for assistance. Medications only work well if started in first five days.**

Aspirin 325mg daily w/food to prevent blood clots do this for 3 months Vitamin D3 10,000 iu/day for two weeks

Vitamin C 1,000 mg/ TWICE a day [Emergen-C packets; also has B complex vitamins] take in the morning and early afternoon (can go up to six times/day with plain Vitamin C).

Zinc 50 mg/day once or twice a day depending on GI tolerance for two weeks

Quercetin 250 mg 2-4 times/day for two weeks (if on thyroid medicine - discuss with doctor).

Melatonin (slow release) as tolerated (5-40 mg/day) at bedtime; Turmeric (Curcumin) also. NAC 1,500-2,000 mg/day for 3 days then 1,000/day for 2 weeks.

Vit K2 (600mg) with MK-4/MK-7 one tablet twice a day

**Unable to get help? Contact America’s Frontline Doctors** [**https://americafrontlinedoctors.org/**](https://americafrontlinedoctors.org/)

Or FLCCC Alliance <https://covid19criticalcare.com>

Visit ak4pf.org for other resources