PREVENTION & EARLY TREATMENT FOR COVID-19

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This document does not constitute medical advice.

Always check with your trusted healthcare provider before taking any medications or supplements or undertaking any health or lifestyle measures.

If you are pregnant, taking medication or have any health conditions, getting your trusted healthcare provider’s advice is especially important.
Take your health into your own hands

You are an individual and there is no one size fits all when it comes to your health. Our immune systems have different strengths and vulnerabilities - often related to age, other health conditions, or previous exposures.

That said, there are some measures that can improve your chances of avoiding infection with SARS-CoV-2. Or lessen your symptoms and help to prevent severe illness if you do develop COVID-19.
COVID-19 Prevention
A Holistic Approach

Nutrition

Healthy eating is vital to both your metabolic and gut health, which are essential for a strong immune system.
Avoid processed foods, sugar and refined carbohydrates.
Strive for a high fibre diet of a variety of vegetables, fruits, high quality protein, and healthy fats.

Lifestyle

Get adequate sleep, a minimum of 8 hours per night.
Daily exercise, 20 minutes of cardio per day, plus strength training a few times a week.
Drink more water, 2-3 litres per day.
Reduce stress. Try meditation, yoga, therapy, socializing & nature walks.

Nasal/Oral Rinse

Reduce virus in your nose and throat.
Nasal rinsing Use 1X day. Nasal saline rinse systems are found at most drug stores.
Gargling with mouthwash 2X day Choose one with cetylpyridinium chloride like Scope, or antiseptic essential oil based like Listerine with thymol, menthol and eucalyptus.

Environment

Use a humidifier in cold, dry months.
Membranes in mouth, nose & eye need to be moist to be protective.
Increase ventilation (air flow) in your home/work.
Avoid sick people. Asymptomatic people present little risk. Sick (symptomatic) people, are the ones who can be contagious.

Supplements

Recommended doses for prevention. Doses may differ for early treatment. See Dosing Chart on p.8.

Immune supports
• Vitamin D 2,000 - 5,000 IU / Day
• Vitamin C 500-1,000mg / Day
• Quercetin 250mg / Day
• Zinc (with copper) 30-40mg / Day
• Melatonin up to 6mg at Bedtime

Antiviral
• Ivermectin (only available by prescription in Canada) NOT DAILY Take 0.2mg per kg of your body weight 2X PER WEEK with food
• Nigella Satva (Ivermectin alternative) 80mg per kg of body weight per day

There’s no one magic solution that will work on its own - approaching immune health from a holistic, multi-pronged perspective is best.
You don’t have to take all these measures, but the more of them you take, the more effectively they will work together to protect you.

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Our goal with this guide is to prevent infections from taking hold and progressing to stages 3 & 4.

1. Incubation Phase
Virus begins to replicate. There are no symptoms, so you may not be aware that you are infected. This is why regular nasal rinsing and gargling - especially after you’ve been exposed to large groups - can prevent an infection from progressing to symptomatic or severe.

2. Symptomatic Phase
Symptoms such as fever, muscle aches, headache, sore throat, loss of appetite, loss of sense of taste/smell, nausea, diarrhea, weakness and fatigue begin. This is when you are most contagious. Avoid others.

3. Pulmonary Phase
This is the early inflammation phase when your body has geared up to fight the infection. Flu-like symptoms may continue. You may also develop a cough. Your blood oxygen levels may become low and you may experience shortness of breath. Any time you have difficulty breathing, you should go to the hospital. You may still be contagious at this stage.

4. Hyper-inflammation/Clotting Phase
This is the stage where hyper-inflammation sets in and blood clots can start to form. In some people, blood oxygen levels may become very low, and in addition to difficulty breathing, people may experience chest pain and heaviness. If you are experiencing any of these symptoms, you should go to the hospital.
COVID-19 Infection Phases In Days

Exact number of days will vary by individual

1. Incubation
   - Prevention still possible
   - No symptoms

2. Symptomatic
   - Start early treatment at home
   - Headache
   - Fever
   - Sore throat
   - Fatigue
   - Muscle aches
   - Loss of taste/smell
   - Nausea
   - Diarrhea
   - Chills
   - Loss of appetite

3. Pulmonary
   - Get medical advice
   - Previous symptoms
     - Cough
     - Shortness of breath
     - Low blood oxygen

4. Hyper-inflammation/Clotting
   - Go to hospital
   - Previous symptoms
     - Difficulty breathing
     - Chest heaviness/pain
     - Fainting/dizziness
     - Fast heart beat

Not everyone will experience all symptoms. Not everyone will progress to Phases 3 and 4.

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# Early Treatment At Home Toolkit

**Stock up on these items ahead of time**

<table>
<thead>
<tr>
<th>Immune Support</th>
<th>Anti-viral</th>
<th>Anti-inflammatory</th>
<th>Anti-clotting</th>
<th>Symptom Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>Mouthwash (Check for active ingredient)</td>
<td>N-Acetylcysteine (NAC)</td>
<td>Aspirin (Check with healthcare provider before taking. Depending on existing medications and health conditions, Aspirin could be contraindicated.)</td>
<td>Acetaminophen (Tylenol)</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Scope with cetylpyridinium chloride</td>
<td>Turmeric (Curcumin)</td>
<td></td>
<td>Cough medicines</td>
</tr>
<tr>
<td>Zinc (with copper)</td>
<td>Listerine w. thymol, menthol &amp; eucalyptus</td>
<td>Ibuprofen (Advil, Motrin)</td>
<td></td>
<td>Natural remedies like honey/ginger</td>
</tr>
<tr>
<td>Quercetin</td>
<td>Betadine w povidone iodine</td>
<td></td>
<td></td>
<td>Provide symptomatic relief for headaches, fever, cough, etc.</td>
</tr>
<tr>
<td>Melatonin</td>
<td>Nasal saline rinse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nigella sativa</td>
<td></td>
<td>This reduces the risk of blood clots.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ivermectin (Ivermectin requires a prescription in Canada.)</td>
<td>These are measures that attack the virus directly.</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>These supplements boost your immune system.</td>
<td>These reduce inflammation in the body.</td>
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## Useful tools

<table>
<thead>
<tr>
<th>Nasal Irrigation Device or Neti Pot</th>
<th>Thermometer</th>
<th>Pulse Oximeter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Only use sterile, saline wash. Do not use tap water without boiling - then cooling - first. If making your own, mix 3 teaspoons of iodide-free, preservative-free salt with 1 teaspoon of baking soda and store in a small clean container. Mix 1 teaspoon of this mixture in 8 ounces of distilled, sterile or previously boiled and cooled water. <strong>Safe for children.</strong></td>
<td>If you have a fever, you can take Acetaminophen or Ibuprofen to bring it down.</td>
<td>Clips to finger to measure blood oxygen saturation. <strong>Below 94%</strong>, go to hospital.</td>
</tr>
</tbody>
</table>

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# COVID-19 Home Treatment Dosing Chart

## PHASE 1
**Prevention/Incubation**

| Vitamin C | 500 - 1,000mg 2X day | 1,000mg 2X day |
| Vitamin D | 2,000 - 5,000 IU | 5,000 - 7,000 IU |
| Quercetin | 250mg | 250mg 2X day |
| Zinc (with Copper) | 30 - 40mg | 100mg |
| Melatonin | Up to 6mg at bedtime | Up to 10mg at bedtime |
| Mouthwash | 2X a day | 3X a day |
| Nasal rinse | Daily | 3X a day |
| Nigella sativa | 80mg per kg | |
| Ivermectin | 0.2mg per kg 2X per week | 0.4 - 0.6mg per kg daily |
| N-Acetylcysteine (NAC) | | 600 - 1,200mg X 2 |
| Ibuprofen (Advil, Motrin) | As needed (see directions on package) | |
| Antihistamines | As needed (see directions on package) | |
| Aspirin | 325mg (check with your healthcare provider) | |
| Acetaminophen (Tylenol) | As needed (see directions on package) | |
| Cough medicines | As needed (see directions on package) | |

These are less effective in Phase 3/4. Early treatment is key.

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**Phase 2**
**Symptomatic**

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**Phase 3**
**Pulmonary**
Get medical advice

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**Phase 4**
**Hyper-inflammation**
Go to hospital

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*Doses are per day unless otherwise indicated.*
Our alliance of over 600 independent Canadian doctors, scientists, and healthcare practitioners is committed to providing quality, balanced, evidence-based information to the Canadian public about COVID-19 so that hospitalizations can be reduced, lives saved, and our country safely restored to normal as quickly as possible.

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