



# **PREPARING FOR** **COVID-19**

If you are somebody who likes to be prepared for the unexpected (i.e., COVID!) then it would best to take a little time NOW while you are healthy to gather what you will need for when that TEST reads POSITIVE! Here are a few steps and tips to put your mind at ease.

## **VITAMINS**

---

- ☐ 1. Go buy a cheap plastic box and label it MY COVID BOX
- ☐ 2. Print out the Covid Vitamin Protocol list found on the website under RESOURCES.
- ☐ 3. Go online to Lifeextension.com( or wherever you buy your vitamins) and purchase whatever you don't have from the list:
  - ☐ • Vitamin D3 - 50,000 IU daily for 5 days then 5000 IU daily
  - ☐ • Vitamin C - 2000 mg daily twice daily for 5 days , then daily
  - ☐ • Zinc -50-75 mg daily with food
  - ☐ • Quercetin - 500-1000mg ( do not dose with Ivermectin)
  - ☐ • Melatonin -3-10 mg nightly
  - ☐ • B-Complex - once a day
  - ☐ • Omega 3 Fish Oil - 4 grams daily
  - ☐ • NAC - 600 mg daily
  - ☐ • L-Arginine - 1000 mg daily
  - ☐ • L-Lysine - 620mg daily (optional)

## **OVER THE COUNTER**

---

5. Pick up at any over the counter pharmacy the following:

- ☐ • thermometer
- ☐ • Pulse OXIMETER (oxygen reader)
- ☐ • Xlear nasal spray
- ☐ • Mucinex (tablets or liquid)
- ☐ • Betadine Antiseptic Sore Throat gargle (as needed)
- ☐ • Zrytec 10mg daily for 14 days
- ☐ • Cough syrup (as needed)
- ☐ • Ibuprofen (as needed)
- ☐ • Aspirin 325mg daily for 14 days ( unless on blood thinner)
- ☐ • Pepcid AC 20 mg 1 daily for 14 days

- ☐ • cough/throat lozenges with honey
- ☐ • organic honey
- ☐ • herbal medicinal tea of your choice (check out our MDTEAS on our website! Order online and have them delivered to your doorstep!

**\*PRESCRIPTIONS - for Telemedicine consults only. NOTE: Performance Medicine CANNOT schedule a Telemedicine consult unless you are already an established PM patient**

4. Find a physician who will prescribe (call you in) the following

- ☐ • Budesonide Inhalation Suspension 0.5mg/2ml
- ☐ • PulmoNeb LT w/ disposable Nebulizer
- ☐ • Zithromax or Doxycycline (anti-biotic)
- ☐ • Ivermectin (mg dose varies depending on weight/ check with Provider)
- ☐ • Steroid Pack

#### **TIPS ON EARLY TREATMENT PROTOCOL**

- ☐ A. First symptoms (with or without a test) START TAKING VITAMIN REGIMEN
- ☐ B. As soon as possible, get a COVID TEST
- ☐ C. If positive START YOUR ANTIBIOTIC / continue with vitamin regimen
- ☐ D. MONITOR O2 saturation (90+ is ok / below 90 is NOT) CHECK FOR FEVER.
- ☐ E. Day 4-5, if you are not better, you need to consult your Provider and to see if you should start your STEROID pack
- ☐ F. Make sure you finish out antibiotics and all vitamins for the five day recommendation
- ☐ G. Make sure you take the 14 day Pepcid and Aspirin and Zrytec

#### **FINAL CHECK**

---

- ☐ • Keep a positive mindset.
- ☐ • Rest.
- ☐ • Take hot baths.
- ☐ • Walk outside. Get some fresh air! Move around.
- ☐ • Read a book.
- ☐ • Write a letter.
- ☐ • Watch a movie.
- ☐ • Be good to yourself! .