**Prehospital Management of Covid-19**

**Zelenko Protocol[[1]](#footnote-0)**

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**Treatment Plan for Patients with symptoms of Covid-19**

**Fundamental Principles**

Treat patients based on clinical suspicion as soon as possible, preferably within the first 5 days of symptoms. Perform PCR testing, but do not withhold treatment pending results.

**Risk Stratify Patient**

Low risk patient - Younger than 60, no comorbidities, and not toxic (i.e. no shortness of breath)

High risk patient - Older than 60, younger than 60 with comorbidities, or looks toxic

**Treatment Options**

**Low risk patients**

1. Rest, oral fluids

2. OTC Quercetin 500mg 2 a day for 7 days[[2]](#footnote-1) with Vitamin C 1000mg once a day for 7 days **or**

OTC Epigallocatechin-gallate (EGCG) 400mg once a day for 7 days[[3]](#footnote-2)

3. Elemental Zinc 50mg once a day for 7 days[[4]](#footnote-3)

4. Close follow up with doctor

**High risk patients**

1. Rest, oral fluids

2. Elemental Zinc 50mg once a day for 5 to 7 days.

3. Hydroxychloroquine (HCQ) 200mg twice a day for 5 to 7 days **or**

Quercetin 500mg (OTC) 3 a day for 7 days and Vit. C 1000mg once a day for 7 days **or**

EGCG 400mg (OTC) twice a day for 7 days

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4. Azithromycin 500mg once a day for 5 days **or**

doxycycline 100mg twice a day for 5 to 7 days

**Additional treatment options. Should be uniquely custom tailored for every patient.**

1. Ivermectin 6mg twice a day for 1 day[[5]](#footnote-4)

2. Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days[[6]](#footnote-5)

3. Dexamethasone 6mg once a day for 5 to 7 days[[7]](#footnote-6)

4. Blood thinners (i.e. Lovenox)[[8]](#footnote-7)

5. Home O2

6. Home IV fluids

**IF POSSIBLE, KEEP PATIENTS OUT OF THE HOSPITAL**

1. <https://www.preprints.org/manuscript/202007.0025/v1> [↑](#footnote-ref-0)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/> [↑](#footnote-ref-1)
3. <https://pubs.acs.org/doi/10.1021/jf5014633> [↑](#footnote-ref-2)
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/> [↑](#footnote-ref-3)
5. <https://www.sciencedirect.com/science/article/pii/S0166354220302011> [↑](#footnote-ref-4)
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/> [↑](#footnote-ref-5)
7. <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436> [↑](#footnote-ref-6)
8. <https://www.onlinejacc.org/content/76/1/122?_ga=2.33698596.423106752.1597365568-1776897998.1597365568> [↑](#footnote-ref-7)