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# **Zelenko Protocol<sup>1</sup>**

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

### **Prehospital Management**

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#### **Fundamental Principles**

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

#### **Risk Stratify Patients**

Low risk patient - Younger than 45, no comorbidities, and clinically stable  
High risk patient - Older than 45, younger than 45 with comorbidities, or clinically unstable

#### **Treatment Options**

##### **Low risk patients**

Supportive care with fluids, fever control, and rest  
Elemental Zinc 50mg 1 time a day for 7 days<sup>2</sup>  
Vitamin C 1000mg 1 time a day for 7 days<sup>3</sup>  
Vitamin D3 5000iu 1 time a day for 7 days<sup>4</sup>

##### **Optional over the counter options**

Quercetin 500mg 2 times a day for 7 days<sup>5</sup> **or**  
Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days<sup>6</sup>

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<sup>1</sup> <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>

<sup>3</sup> <https://pubs.acs.org/doi/10.1021/jf5014633>

<sup>4</sup> <https://vdmata.com/>

<sup>5</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

<sup>6</sup> <https://pubs.acs.org/doi/10.1021/jf5014633>

## **Moderate / High risk patients**

Elemental Zinc 50-100mg once a day for 7 days

Vitamin C 1000mg 1 time a day for 7 days

Vitamin D3 10000iu once a day for 7 days or 50000iu once a day for 1-2 days

Azithromycin 500mg 1 time a day for 5 days **or**

    Doxycycline 100mg 2 times a day for 7 days

**Hydroxychloroquine (HCQ) 200mg 2 times a day for 5-7 days<sup>7</sup>**  
and/or

**Ivermectin 0.4-0.5mg/kg/day for 5-7 days<sup>8</sup>**

Either or both HCQ and IVM can be used, and if one only, the second agent may be added after about 2 days of treatment if obvious recovery has not yet been observed etc.

## **Other treatment options**

Dexamethasone 6-12mg 1 time a day for 7 days<sup>9</sup> **or**

    Prednisone 20mg twice a day for 7 days, taper as needed

Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days<sup>10</sup>

Blood thinners (i.e. Lovenox, Eliquis, Xarelto, Pradaxa, Aspirin)

Colchicine 0.6mg 2-3 times a day for 5-7 days<sup>11</sup>

Monoclonal antibodies

Home IV fluids and oxygen

**TRY TO KEEP PATIENTS OUT OF THE HOSPITAL**

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<sup>7</sup> <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

<sup>8</sup> <https://ivmmeta.com/>

<sup>9</sup> <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436>

<sup>10</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/>

<sup>11</sup> <https://www.medrxiv.org/content/10.1101/2021.01.26.21250494v1>