



Early Covid-19 Treatment Guidelines

A Practical Approach to Home-Based Care for Healthy Families

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Contents

About the World Council for Health.....	3
About this Guide.....	3
Who is this Guide for?.....	4
If you have a positive Covid test or mild Covid-like symptoms:.....	4
1. What are the symptoms of Covid-19?.....	4-5
2. What can I do to treat mild Covid-19 at home (during the viral and inflammation phases)?.....	5
3. How does the illness progress?.....	15
4. When do I need to go to the hospital with a Covid infection?.....	15

About the World Council for Health

The World Council for Health is an umbrella organization of multinational groups of doctors, scientists, medical journalists and other civil society members advocating for the right to good health. We ensure healthcare transparency through common-sense education and advocacy, independently integrating evidence from different qualitative and quantitative sources.

About this Guide

This is an up-to-date guide to managing Covid-19 illness effectively at home. Covid should be treated early, with a combination of therapies, and treated aggressively to avoid the more dire consequences of the illness, although most cases now seem to involve mild variants like Omicron that range between cold-like symptoms to flu-like symptoms depending on your age, immune response, and general health.

This guide is informed by both established and emerging medical research as well as the clinical experience of international doctor-led groups; it will evolve as new evidence emerges.

The safe, established, and patent-free medicines and supplements included in this guide may have differing availability around the world. For that reason, a variety of medicines have been included.

Expensive, new drugs (such as monoclonal antibody treatments) are not considered here, although they can be accessed in the USA and certain other countries.

We envision a world where you are empowered to take control of your health. This resource is a living guideline and will change as new evidence emerges. It does not provide individual medical advice or prescribe treatment.

The guide is intended to empower individuals and their families with knowledge of healthcare options that may be beneficial to them.

Readers should consult the health professional(s) of their choice for individual medical evaluation and recommendations for treatment tailored to their individual needs. This guidance will evolve as new information emerges, so please [sign up for email updates](#) to keep abreast of the latest developments.

Who is this Guide for?

Anyone can get Covid-19, whether they have had a Covid-19 injection or not. The good news is that the illness is easily treated, and most people will recover within a few days or weeks. By treating your illness early, you will be helping to end the Covid-19 pandemic. If you, or a family member have had a positive test and have symptoms suggestive of Covid-19, this is a practical guide to help you recover quickly. The guide is designed for those who are generally healthy and not taking other daily medications to empower you to beat Covid-19 and get healthy again as quickly as possible. This document does not apply to pregnant women, who can find useful Covid-19 guidance here

[\(https://worldcouncilforhealth.org/resources/covid-19-and-pregnancy/\)](https://worldcouncilforhealth.org/resources/covid-19-and-pregnancy/).

In this guide, we will answer the questions:

1. [What are the symptoms of Covid-19?](#)
2. [What can I do to treat mild Covid-19 at home?](#)
3. [How does the illness progress?](#)
4. [When should you go to the hospital with Covid-19?](#)

If you have a positive Covid test or mild Covid-like symptoms:

The first thing you should do is tell your family and doctor. Stay home, rest, drink lots of antiviral and anti-inflammatory infusions with freshly chopped ginger and splintered cinnamon sticks with a little good-quality honey and follow the at-home guidance below.

Early treatment will prevent disease progression. cile ci-dessous.

Un traitement précoce empêchera la progression de la maladie.

1. What are the symptoms of Covid-19?

The Covid-19 pandemic appears to be the result of a virus called the SARS CoV-2 virus. It has three overlapping phases:

- The viral phase (day 1-5)
- The inflammation phase (day 1-10)
- The hyper-inflammation phase (up to 30 days)

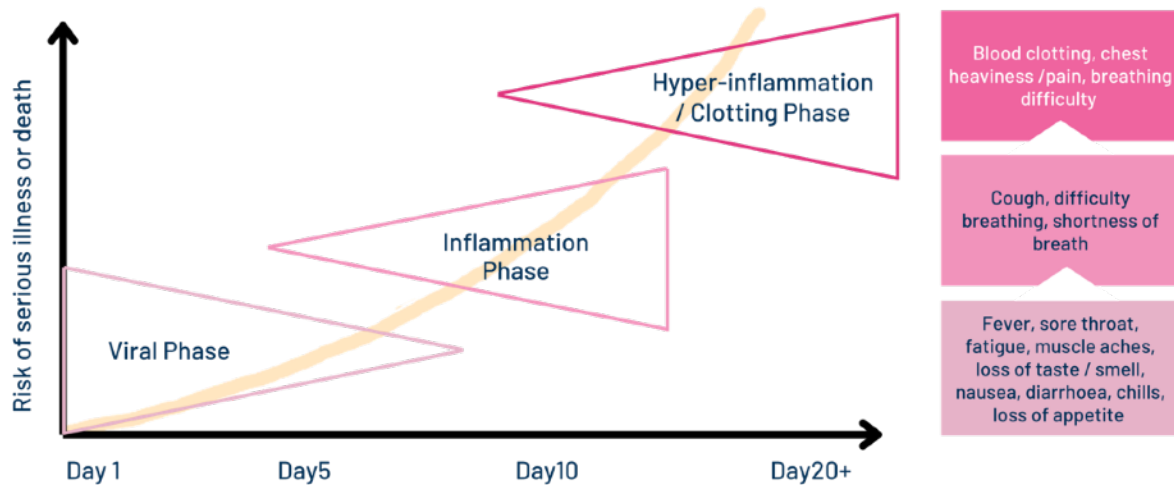


Figure 1 : Viral and inflammation phases

Early symptoms of the virus during the viral and inflammation phase can be any combination of the following:

- Fever or chills
- Sore throat
- Coughs & sneezes
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Constriction or pressure in the chest area
- Mild to extreme fatigue
- Headache
- Loss of taste or smell
- Nausea or vomiting
- Diarrhoea

Source : CDC

2. What can I do to treat mild Covid-19 at home (during the viral and inflammation phases)?

The Viral Phase (Day 1 – 5)

During the viral phase of the illness, the SARS-CoV-2 virus replicates rapidly in the body unless you take quick action, just like with a cold or flu or other respiratory or gastric viral infections. Someone in the viral phase of the illness can expect flu-like symptoms such as fever, joint and muscle pain, headache, sore throat, loss of appetite, loss of taste/smell, nausea, diarrhoea, and weakness. Transmission is highest during the viral phase of the illness, so avoid contact with people during this phase of the illness. It is important to note that asymptomatic people (those who test positive without symptoms) are unlikely to transmit the virus.

The Inflammation Phase (Day 6 - 10)

During the inflammation phase, your body’s immune system response has geared up to fight the infection and then there is production of excessive amounts of cytokines, which are signalling molecules, proteins used by the immune system to drive its response. When there are too many of them, this can damage the tissues and organs of the body, like with inflammatory and autoimmune diseases.

A person in the inflammation phase of Covid-19 may continue to experience flu-like symptoms, which with underlying pre-existing inflammation, may progress to excess inflammation in lung cells leading to feelings of breathlessness, coughing, difficulty breathing and possibly a secondary bacterial infection like pneumonia. If you are clearly having difficulty breathing, you should follow your doctor’s advice and go to the hospital if he or she cannot attend to you at home.

Early at home treatment essentials

Immune system support	Antivirals	Anti-inflammatory	Anti-coagulants	Symptom relief
Multivitamins	Ivermectin	Ibuprofen	Aspirin	Acetaminophen/ Paracetamol
Vitamins C and D	Solutions for mouth and nasal rinses	N-acetyl cysteine		Cough medicines/ inhalers
Zinc				Antihistamines
Quercetin				
Melatonin				

Figure 2 : Overview of treatment essentials

This graphic represents a general overview of treatment essentials and categories. Most essential medicines and therapies fall into more than one category. Early treatment is key - a combination of therapy approaches is ideal. For a longer list of options, refer to the Summary of Medicines table at the end of this PDF.

***Use acetaminophen / paracetamol sparingly because it reduces glutathione, an important antioxidant**

Useful Equipment

Having a **thermometer** at home is useful to check whether you have a fever. A temperature over 37.5°C that makes a person feel unwell can be treated with acetaminophen (paracetamol) if the fever continues for longer than is necessary for the immune system to naturally clear the infection.

A **nebuliser** is a device that turns a solution into a mist, which then gets inhaled through a mouthpiece. It can be useful to deliver solutions such as saline to help with phlegm. Some international doctors also suggest nebulised colloidal silver, which has antiviral properties, nebuliser iodine solution, iodine with salt pipe inhalers, ozone treatment, sodium bicarbonate solutions and chlorine dioxide solutions for Covid-19.

A **steam inhaler** is a common over-the-counter funnel that directs steam from the recipient full of hot water into the nose and mouth. In the water you can put a few drops of anti-congestive and anti-viral essential oils like Olbas oil, eucalyptus, tea tree, oregano, cedar wood, thyme and ginger.

A **pulse oximeter** is a small piece of equipment clipped onto a finger to measure the oxygen saturation of the blood. It is non-invasive and, in the context of Covid-19 illness, the test results determine whether a person needs to receive additional oxygen and therefore equip the home or, if unavailable for home treatment, be admitted to hospital. If you have access to a pulse oximeter, a reading of 94% or less indicates you are not getting enough oxygen. This waxes and wanes so, in the event, a home oxygen tank can be obtained depending on where you live and whether your chosen health professional will prescribe or order it for you.

Over the course of the coronavirus outbreak, much has been learned by doctors and scientists around the world, and we now know how to treat Covid-19 at home. With early treatment, the risk of more serious disease goes down dramatically, especially with recent Omicron variants. **It's a good idea to be prepared with simple medicines and therapies in your home dispensary as you would for the cold and flu season before you or your family members get sick.**

The spike protein is a major component of the virus. It is toxic and affects the body in several diverse ways which is why **it's important to use a combination of the therapies to fight Covid-19 disease.**

Infected individuals should use a combination of therapies that:

- a. target the virus (antivirals/antimicrobials)
- b. reduce inflammation in the body (anti-inflammatories)
- c. support the immune system
- d. reduce the risk of blood clots (anticoagulants)
- e. provide symptomatic relief for headaches, fever, cough, etc.

Most recommended therapies and medicines play more than one of these roles to combat Covid-19. Depending on availability in your area, prepare to treat with an agent in each of these five categories to maximize the chance of a speedy recovery.

a. Antiviral or Antimicrobial Medical drugs

Ivermectin has antiviral, anti-inflammatory, and immune-supportive properties. This means that ivermectin can be used in all phases of COVID illness, from early asymptomatic infection to more severe illness, including for hospitalized Covid-19 patients.

For early treatment of SARS-CoV-2 infection at home, the recommended dose is 0.4 – 0.6mg per kilogram of body weight per day for five days. In addition to being influenced by body weight, dosing might also be affected by the severity of the coronavirus infection and the virulence of the variant.

Ivermectin

Ivermectin is widely used as an anti-parasitic medicine and, as such, is available in many countries over-the-counter (OTC). It comes in 3mg, 6mg, and 12mg tablets. A liquid suspension may also be available in some countries.

For non-hospitalized adults of average body weight (between 50 to 80kgs), the dose of ivermectin is two to four 12mg tablets daily with food for five days. Longer treatment or higher doses may be necessary, but this should be discussed with a doctor.

Side effects include nausea, diarrhea, dizziness, and rash. These tend to be mild and usually resolve upon discontinuation. Ivermectin is not recommended for use in children under 5 or pregnant women (particularly in the first trimester) without the advice of a doctor.

If you take blood-thinning medication, please consult a doctor before taking ivermectin as ivermectin also has blood-thinning properties.

Doxycycline

Doxycycline is an antimicrobial drug commonly used to treat acne and Lyme Disease and prevent malaria. As it also has potent antiviral properties, many

Covid care experts use doxycycline (100mg every 12 hours for 7 days) and ivermectin together in early infection.

Hydroxychloroquine & Zinc

Hydroxychloroquine is a widely used anti-malarial drug. Its antiviral properties make it a useful alternative to ivermectin in the early treatment of Covid-19 at standard doses (200mg every 12 hours for 7 days). In settings with more virulent Covid strains (e.g., Brazil), Covid care experts sometimes use hydroxychloroquine and ivermectin together, along with zinc and a macrolide antibiotic like azithromycin.

Antibiotics (for symptoms related to lungs and secondary bacterial infection)

If you develop chest symptoms, your doctor may need to prescribe you an antibiotic to prevent or treat suspected pneumonia, like azithromycin with zinc.

Mouthwashes and nasal rinses

Because so much virus is in your mouth and nasal passages, it is useful to rinse them several times a day with a sodium bicarbonate mixture, or a saline solution made with warm water and sea salt. Gargling regularly with propolis extract in warm water or applying it to the back of the throat is also very efficient at preventing viral replication. Rinsing can also provide symptom support for those with excess mucus and phlegm.

Make at Home mouthwash:

- Stir 1 teaspoon natural sea salt until dissolved in a glass of warm water, and gargle, or
- 1 teaspoon natural sea salt plus 1 teaspoon bicarbonate, and gargle
- Option: add a few drops of propolis* or of an essential oil like peppermint for freshness

* *will not dissolve in cold water*

b. Anti-inflammatory treatments

Anti-inflammatory medical drugs include prescription steroids (e.g., budesonide, prednisone, dexamethasone, methylprednisolone), non-steroidal anti-inflammatories (e.g., ibuprofen and aspirin), and certain other well-established medicines (e.g., colchicine and ivermectin).

Ibuprofen

Ibuprofen is a non-steroidal anti-inflammatory drug that is used to treat pain by reducing inflammation in the body. It is available for general use in most countries and helps to reduce the inflammation and joint pain associated with Covid-19, and other viral infections.

Antihistamines

Antihistamines are usually used to treat allergies. They work by blocking the action of histamine; a chemical released when you have an allergic reaction. Oral antihistamines such as loratadine and cetirizine, commonly used OTC medicines for hay fever and rash, may help prevent an allergic immune response (mast cell activation) to the spike protein.

N-Acetyl Cysteine and Glutathione

Glutathione is a powerful natural antioxidant that is found in most cells of the body. Its role is to protect cells by neutralizing toxins. Glutathione often becomes depleted during periods of illness.

N-acetyl cysteine is a drug that breaks down toxic substances by replenishing glutathione. N-acetyl cysteine also helps loosen thick mucus in the inflammatory phase of Covid illness. Both are available as supplements.

Curcumin, Astragalus, Ashwagandha, Holy Basil, Liquorice, Rosemary, Uña de Gato (uncaria tomentosa)

There are many different herbs and supplements that have scientifically proven anti-inflammatory effects. If you have a favourite from your part of the world or one you have already heard of, don't hesitate to get it into your diet as a herb, tincture, supplement, or whatever form you can get.

c. Immune-supportive medicines and supplements

Many nutritional supplements like Vitamin D, Vitamin C, Zinc, Quercetin, Melatonin, Glutathione, and N-acetyl cysteine have powerful anti-inflammatory, antioxidant, and immune-balancing properties. These therapies are simple, generally safe, and accessible for home-based treatment, and they do not require a prescription.

Vitamin D

Vitamin D plays an important role in immunity. A deficiency in Vitamin D has been correlated with more severe Covid-19 illness. Many people are low on this essential vitamin due to age or lifestyle. Maintaining good levels of this vitamin is critical for Covid-19 prevention and treatment. Oil-based Vitamin D capsules or drops are preferable to the tablet form, but you may use whatever is available and affordable. In many countries doctors will prescribe it in clinical doses when blood test show it is low as it is critical for your immune response. Vitamin D is best absorbed with a meal.

Vitamin D can also be produced by the skin when it is exposed to sunlight, depending on your age, skin colour and latitude. Getting daily sunshine is vital for both the prevention and treatment of Covid-19.

Vitamin C and Zinc

Similarly, Vitamin C and Zinc have antiviral, anti-inflammatory, and antioxidant properties and are used in various viral illnesses, including Covid-19. Vitamin C can be found in many fruits and vegetables, especially citrus fruits. Zinc is available in foods like beef, chicken, and fish but, in the context of Covid infection, you should use supplemental levels of both to ensure adequate levels are achieved, ask your health practitioner for advice on dosing as both decrease dramatically in the event of an infection and they are essential for your immune response.

Quercetin

Quercetin is a plant pigment or flavonoid widely available in fruit and vegetables, most notably parsley, berries, red onions, apples, and citrus fruit. Quercetin can be taken as a supplement to help support the immune system during an infection along with zinc. Like hydroxychloroquine it also transports zinc into your cells, thereby blocking viral replication.

Melatonin

Melatonin is a hormone made in the pineal gland in the brain, which kicks off the sleep cycle in the evening. It is a powerful antioxidant. Studies show that melatonin reduces cytokines (proteins associated with inflammation) and improves sleep quality which is vital during a viral illness. When used as a supplement, melatonin is best taken before bed.

Nigella Sativa

Nigella sativa, or black cumin seed is a natural substitute for ivermectin when this is not available. This plant extract inhibits viral replication by binding to ACE2 receptors, counters mRNA expression and is anti-inflammatory and analgesic. Attention if taking anticoagulant medication as it is also an anticoagulant.

d. Anticoagulant medicines

A dangerous feature of severe Covid-19 is blood clotting. Anticoagulant medications are used to prevent blood clots from forming in the legs, lungs, heart, and other parts of the body.

Aspirin

As a cheap and widely available medicine, daily aspirin is recommended for early Covid-19 infection to prevent this serious complication from occurring. Aspirin has been in use for a long time for various health conditions and is available as an over-the-counter medicine. Its role in Covid-19 is to inhibit platelet aggregation which reduces the risk of blood clotting. It also reduces inflammation and treats headaches and pain.

Enoxaparin, Rivaroxaban and Heparin

Enoxaparin is used for the prevention of deep vein thrombosis and pulmonary embolism. Because of its action in preventing blood clots, it can help treat worsening Covid-19. Enoxaparin and heparin are given by injection. Rivaroxaban is an oral anti-clotting medication that your doctor may prescribe for use at home. Heparin is usually reserved for hospital use.

Ivermectin

As above, ivermectin is a blood thinner.

Herbs and Foods

It is important to note many foods are actually flagged up by doctors when you are on anticoagulant medication because of their powerful anticoagulant activity! This includes cayenne pepper, turmeric, cinnamon, ginger, garlic, ginkgo biloba, vitamin E and fish oils. Add plenty to your diet while dealing with an infection and, if you have no appetite, make infusions or soups with bone broth, spices and herbs to maintain your immune system.

e. Symptom support

Many over-the-counter medicines and home remedies can relieve symptoms and help a person feel more comfortable, including cough mixtures, antihistamines, acetaminophen (paracetamol, Tylenol), and nasal sprays, mouthwashes, and other mucus-reducing agents.

Saline or sodium bicarbonate solutions are effective and easy to prepare. Alternatively, to get rid of mucus in your lungs, you can try inhaling steam with a tea towel over your head and essential oils like Olbas oil or eucalyptus oil. Cinnamon, ginger, and honey can help to relieve coughing – try a cinnamon and ginger infusion with hot water, cinnamon and freshly chopped ginger.

This is an opportunity to take a superior quality multivitamin and mineral to support the immune system, as well as some of the other supplements mentioned above, or refer to your local herbalist for help.

If you are feeling poorly and have no desire to eat, drink plenty of anti-inflammatory herbal infusions, as above, and get a family member or friend to make a nourishing chicken broth or soup, in time-honoured tradition, replete with the minerals and collagen from the chicken and the minerals, vitamins and other healing substances from the vegetables, herbs and spices. This will support your immune system, your respiratory system, your digestive system, and speed up the healing process.

Adult dosing chart for At-Home-Treatment of Covid-19

World Council for Health - Current as of January 2023

Treatment	Dosage
Immune support	
Vitamin D Vitamin C Zinc Quercetin Melatonin	10,000 IU for 2-3 weeks, then 4 000 IU/per day 2-5g, then 0.5-1g /hour 50mg/a day 1 capsule/2 x a day 5-10mg/a day
Antivirals	
Ivermectin Mouth washes/nasal rinses	0.4-0.6mg per kg of weight/for 5 days 3 x a day
Anti-inflammatories	
Ibuprofen N-acetylcysteine Antihistamines	400mg/up to 3 x a day 1-2 capsules/a day for 7 days Please refer to instructions on package
Anticoagulants	
Aspirin	300-325mg/ day (1 tablet)
Symptom relief	
Paracetamol / Acetaminophen Cough medicines	Please refer to instructions on package Please refer to instructions on package

Child dosing chart for At-Home-Treatment of Covid-19

World Council for Health - Current as of January 2023

Treatment	Dosage
Prevention	
Vitamin D Vitamin C Zinc Chewable elderberry/syrup Melatonin	1000IU/day per 15kg body weight 1000mg/day 20mg/day 100-150mg/day 1mg/day
Treatment	
Vitamin D Vitamin C Zinc Chewable elderberry/syrup Melatonin N-acetylcysteine Azithromycin Black seed oil Choose one : Quercetin Hydroxychloroquine Ivermectin	1000IU/day per 15kg body weight 1000mg/day 20mg/day 100-150mg/day 1mg/day 500mg/day 10mg per kg body weight 40-80mg per kg body weight 250-500mg/2 x a day 100mg/1 x a day 0.2mg per kg body weight

NB: with a more severe infection, your doctor can prescribe steroids

Remember: treat early with a range of therapies chosen from each of the five areas suggested with the expertise of health professionals from around the world. The medications and therapies you choose will depend on availability in your area and your trusted health professional's recommendations. Use what is local, affordable and available to you. You don't need to take all of them!

Lastly, rest often

Remember: the vast majority of people recover from Covid-19. Treat early and get plenty of rest, sunshine, and fresh air to reduce your illness's length and severity. The body carries out the repair processes when resting. Do not be in a hurry to resume your usual physical activities and social engagements – doing so may set your recovery back. Rather, allow yourself a full two weeks to recuperate. Contact your doctor if you have any questions or concerns.

3. How does the illness progress?

SARS-CoV-2 infections range in severity. Some people will have no symptoms, some will have mild symptoms and people with pre-existing health conditions may have more severe symptoms that require hospitalization. Whether you have a confirmed Covid-19 infection or not, don't delay seeking advice from a medical professional. Early treatment is key to prevent severe Covid-19.

As a rule of thumb, covid infections do not progress beyond the cold and fluey stages. For some people, the infection may result in a longer stage of illness beyond a month, now denominated 'long covid'. People in this category may experience a number of side effects including general incapacitating or semi-incapacitating fatigue, continued aches and pains, continued loss of taste and smell, headaches, chest pain, breathlessness, brain fog, hair loss, digestive symptoms etc.

It is possible that these people may have underlying diagnosed or undiagnosed illnesses of an inflammatory nature - so the extra inflammation of the covid virus just pushes them over the edge to a zone where their immune systems are overburdened and cannot recover quickly. This might include common inflammatory diseases like diabetes, rheumatoid and osteoarthritis, hypertension, atherosclerosis etc.

The suggested treatment options above and, under the guidance of a health professional of your choice, with more sustained and targeted use of common remedies like vitamins D, C, ivermectin, quercetin, zinc, propolis, nigella sativa, n-acetyl cysteine, aspirin and other remedies, may also help you progress out of this prolonged inflammatory stage of the illness.

4. When do I need to go to the hospital with a Covid infection?

If you have difficulty breathing, shortness of breath, chest heaviness, or are experiencing a sudden worsening of your symptoms, including numbness, or tingling anywhere in the body, unexplained swellings or rashes, faintness, confusion or disorientation, or acute pain, go to the hospital.

Adults should go to the hospital if they:

- are short of breath
- are light-headed (this can be a sign of decreased oxygen in your blood)
- are having difficulty breathing
- are experiencing chest heaviness or pain
- have bluish lips
- persistent fever or other symptoms for more than 7 days since onset

Children should to the hospital if they:

- are not interested in eating or breastfeeding

- have a blue tinge to their lips
- are confused
- have shortness of breath or difficulty breathing

Be prepared and keep a supply of basic medicines and therapies at home for your family

The coronavirus pandemic has had an enormous impact on physical and mental health across the world. Still, as we learn more about the illness, we can better treat and manage it so that severe illness is increasingly rare. The most important things you can do are to be prepared, take care of your immune system, and treat early using a combination of therapies that attack Covid from a variety of different angles.

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/science-in-5/episode-36—safe-care-at-home>

List of the medicines used to treat Covid-19 to show your doctor

This list of medicines comprises over the counter (OTC) and prescription medicine for you to share with your doctor.

Be sure to read the patient information leaflet before using any OTC medicines to check whether they are suitable for you as an individual, especially if you are pregnant.

Aspirin and ibuprofen are not suitable for pregnant women, particularly in the last trimester of pregnancy. If your symptoms persist beyond 7 days, you feel your condition is worsening, your condition deteriorates suddenly, or if you are short of breath, contact your doctor or go to the emergency room.

Don't forget:

The aim is to choose one treatment from the following categories: antiviral, anti-inflammatory, anticoagulant medicines (aspirin). Aspirin is the only anticoagulant to be safely used at home. In addition, choose several simple immune-supporting therapies, and other medicines that will make you more comfortable during infection.

The medications and therapies you choose will depend on availability in your area. Use what is affordable and available to you. You don't need to take all of them!

Drink lots of water, take lots of rest, eat lots of fruit and vegetables, and get daily sunshine. Allow yourself at least two weeks to recover without strenuous activity. Do not expect to resume your usual exercise regimen and social engagements for at least two weeks. A positive attitude is essential!

Immune Support Medicines

Drug/Medicine	Dosage / Notes
Multivitamin	1 tablet once or twice daily
Vitamin D3	10,000IU for 2-3 weeks, then 4,000IU daily (2x dose: care home residents & people with highly melanated skin)
Vitamin C (ascorbic acid)	2–5g, then 0.5–1g per hour
Zinc	50mg once or twice daily
Omega-3 fatty acids	2–4g daily
Vitamin A	1 tablet daily
Vitamin B complex	1 tablet daily
Quercetin	1 tablet twice daily
Melatonin	5–10mg daily
Lactoferrin	200mg twice daily
Black seed (Nigella sativa)	1 capsule daily
Neem	1 capsule once or twice daily, not for combination use with B-Complex supplements
Curcumin	1 capsule once or twice daily
Lugol's Iodine	25mg daily as solution or tablets
L-Lysine	1000mg per day

Anti-viral / anti-microbial

Drug/Medicine	Dosage / Notes
Antimicrobial mouth wash	Various OTC preparations, see below.
Antimicrobial nasal spray/rinse	Various OTC preparations, see below.
Azythromycin*	500mg daily for 5 days
Colloidal silver	5mls nebulised daily
Doxycycline*	100mg tablet twice daily for 7 days
Hydroxychloroquine*	200mg tablet twice daily for 5 to 7 days
Ivermectin*	0.4–0.6mg/kg body weight for 5 days
Nitoxanide	500mg 2x daily after a meal for 5 days or until recovered
Lugol's iodine 15%	A few drops nebuliser with an inhaler or with a salt pipe inhaler

Anti-inflammatory

Drug/Medicine	Dosage / Notes
Aspirin	300-325mg (1 tablet) up to 4 times daily
Budesonide inhaler*	800mcg - 1200mcg twice daily
Cetirizine*	10mg (1 tablet) daily
Colchicine*	500mcg twice daily for 7 to 14 days
Corticosteroids*	Methylprednisolone, prednisone, prednisolone, dexamethasone, betamethasone; as prescribed
Cyproheptadine	4-8mg 3 to 4 times daily, or as prescribed
Famotidine*	20mg daily, or as prescribed
Ibuprofen	400 mg up to 3 times daily
Loratadine	10mg (1 tablet) daily
Montelukast*	10mg daily for 14 days, or as prescribed
Naproxen*	220mg (1 tablet) twice daily
Promethazine*	10mg twice or three times daily
Curcumin	High dose concentrate in a capsule, 500 mg 2 x daily, with meals and fats
N-acetyl cysteine (NAC) or glutathione	600-1200 mg orally twice a day, drink at least 2L water a day
Melatonin	5-10mg before bed (causes drowsiness)

Anti-coagulant

Drug/Medicine	Dosage / Notes
Aspirin	300-325mg (1 tablet) daily
Riveroxaban*	As prescribed
Enoxaparin/Low molecular weight Heparin*	As prescribed
Heparin*	As prescribed

Symptom support for mucus

Drug/Medicine	Dosage / Notes
Nebulised solutions	Various, e.g., sodium bicarb, colloidal silver nebulisation for 30 minutes 4 x daily
Bromexine	8mg three times daily
N-acetyl cysteine	1 tablet (600mg) once or twice a day

Symptom support for fever

Drug/Medicine	Dosage / Notes
Acetaminophen (Paracetamol, Tylenol)	500mg up to four times daily (NB fever is a natural immune response to kill infectious agents - it should be treated only when too high or too extended in time)

Symptom support for cough

Drug/Medicine	Dosage / Notes
Salbutamol syrup*	1 teaspoon up to three times a day

Symptom support for aches and pains

Drug/Medicine	Dosage / Notes
Ibuprofen and aspirin	See ibuprofen and aspirin above (anti-inflammatory medicines)

Other prescription medicines

Drug/Medicine	Dosage / Notes
Atorvastatin*	40mg daily
Fluvoxamine*	50mg daily or twice daily
Finasteride*	5mg daily
Fenofibrate*	160mg daily
Budesonide*	As prescribed
Decadron*	As prescribed

*Only available by prescription in most countries.

Equipment

Purpose	Equipment	Note
To monitor oxygen saturation	Pulse oximeter	If less than 94%, go to hospital.
To check body temperature	Thermometer	6 to 8-hourly or as needed
To relieve chest symptoms	Nebuliser	Four times daily with solutions as above
To relieve chest symptoms	Oxygen concentrator	For shortness of breath

Ivermectin is also anti-inflammatory and immune supporting. Similarly, several of the items listed under Immune Support also have anti-inflammatory and/or antiviral properties, e.g., neem and Lugol's iodine.

Mouth and nasal hygiene solutions can be bought over the counter, but a simple solution of sodium bicarbonate, salt, and purified water can be made at home.

For the latest Covid-19 information or to learn more about early treatment options, please visit WCH member sites:

- BiRD Group - bird-group.org/protocols
- FLCCC - covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol
- CCCA - www.canadiancovidcarealliance.org/treatment-protocols
- Zelenko - vladimirzelenkomd.com/treatment-protocol
- TFH Foundation - truthforhealth.org/patient_guide
- Early Covid Care Experts - earlycovidcare.org

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The WCH Early Covid-19 Treatment Guidelines document and dosing charts were last updated in January, 2023.



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