



# **COVID - December 2021**

**Update on Prevention and treatment by Dr. Gavin Zipp.**

# A) PREVENTION:

Ivermectin (always after a meal)_____	0.4mg/kg on day 1, 3 and 5 and every 7days
Vitamin C _____	1000mg twice a day
Vitamin D3 _____	5000iu daily or 50 000iu weekly
Zinc _____	250mg daily
Quercetin _____	250mg daily
Immuno-TF _____	2 capsules daily
L-Lysine _____	1000mg twice daily 2 hours after meals (avoid all caffeine)



The most obvious point is to avoid ALL UNNECESSARY CONTACT with ANY people at this time. Be aware of anybody who could have been in contact or who is unwell in any way.



Adhere to all the recommendation of hand washing, sanitising, social distancing and wearing of a **SUITABLE MASK** (we have stock here at Zipp Health)



Steam inhalation for 10 minutes twice a day is recommended.



Nebulizing with Hydrogen Peroxide once twice or 3 times daily (available at Zipphealth)

## PROPHYLAXIS/AFTER CONTACT

IVERMECTIN	Daily for 10 days	0.4mg/kg daily
VITAMIN D3	10 000IU immediately then 5 000IU per day	Or 50 000 once off and weekly
VITAMIN C	1000mg	Twice daily
QUERCETIN	250mg	One pill morning and night
ZINC	100-200mg	Daily
MELATONIN	3-6-10mg	At night (causes drowsiness/sleepiness)
L-LYSINE	1000mg	Twice daily 2 hours after meals (avoid all caffeine)
VITAMIN E	400IU	Daily
NANO COLLOIDAL SILVER NOSE SPRAY OR FOODGRADE HYDROGEN PEROXIDE	Initially nebulise with 20 ml of colloidal silver then 5ml every four hours. Continue for 5 days. The Doctor will then taper the dose downwards. Nebulise with hydrogen peroxide 2ml every four hours.	Nebulizing of both ideal

**Please note, this information has been amended to keep you safe.**

Using Ivermectin, vitamins C & D, Zinc, Selenium and nebulising with Hydrogen Peroxide is shown excellent results as both a preventative measure and during treatment for covid

## **IVERMECTIN FOR COVID-19**

**61 TRIALS, 578 SCIENTISTS, 19,432 PATIENTS**

**32 RANDOMIZED CONTROLLED TRIALS**

**85% IMPROVEMENT IN 14 PROPHYLAXIS TRIALS** RR 0.15 [0.09-0.25]

**74% IMPROVEMENT IN 26 EARLY TREATMENT TRIALS** RR 0.26 [0.16-0.43]

**46% IMPROVEMENT IN 21 LATE TREATMENT TRIALS** RR 0.54 [0.41-0.71]

**68% IMPROVEMENT IN 23 MORTALITY RESULTS** RR 0.32 [0.21-0.50]

**62% IMPROVEMENT IN 32 RANDOMIZED CONTROLLED TRIALS** RR 0.38 [0.27-0.53]

SUMMARY OF RESULTS REPORTED IN IVERMECTIN TRIALS FOR COVID-19. 07/04/21. IVMMETA.COM

# ONE: TREATMENT IF COVID POSITIVE

## **COVID POSTIVE DAY 1:- (ONSET OF SYMPTOMS)**

- **Please** clearly demarcate the date of onset of symptoms!
- **Isolate** for 10 days from start of symptoms
- The correct advice is that a family/household member who is positive shall isolate alone in a separate bedroom and bathroom.
- **Notify your recent contacts** – This includes those up to two days before Day 1. They should, inform their contacts, isolate for 10 days after last contact and get tested if needed, if symptoms develop or on day 4 - 7. It takes 2-14 days to develop symptoms (average 5-6 days) if they develop symptoms they start counting again – 10 days from start of symptoms. That includes family members.
- Commonly symptoms are a cough, sore throat, runny/stuffed nose, headache, sneezing, diarrhoea, fever, body aches, loss of appetite, tiredness, fever and shivers, back pain, abdominal pain and confusion or extreme exhaustion.
- **DO NOT SEND** children to school if they have **ANY** symptoms.

# TWO: IVERMECTIN TREATMENT

## **Take note**

- As early as possible when symptomatic
- Take for 10 consecutive days
- It is, almost always, a safe drug used by several billions of people worldwide for many years
- NOT for anybody on Warfarin

## **Tablets**

- Supplied by Ziphealth with a prescription under Section 21 regulations
- Script needed from Doctor
- 0.6mg/kg per on day 1, then 0.4mg/kg daily to treat for 9 days
- Always after food for better absorption

**THREE:**  
 Doctor will supply or  
 prescribe a selection for  
 each individual patient  
 from the following  
 comprehensive list

<b>1. IVERMECTIN</b>	Daily x 10 days	0.4mg/kg
<b>2. VITAMINS AS PER SECTION IV</b>		Boosts immune system and Assists Ivermectin
<b>3. DOXYCYCLINE</b>	100mg twice daily for 10 days	Works as an inflammatory and anti-viral
<b>4. MONTELUKAST</b>	10mg daily	Assists with inflammation and allergy related manifestations
<b>5. BUDESONIDE NEBULISATION 0.5mg (BUDONEB OR PULMICORT)</b>	1 Nebule 3 x daily (can be used with Nano Colloidal Silver	Cortisone for inflamed lungs (can take early in illness)
<b>6. COLCHICINE</b>	1mg ½ a tablet twice daily for 10 days	Anti-inflammatory May cause diarrhoea
<b>7. XARELTO (if prescribed by Doctor. Alternatively, many simply use Disprin 300mg daily)</b>	10-20mg prescribed X 30 days	Prevents blood clots
<b>8. FLUVOXAMINE 100MG (FAVERIN)</b>	1/2 tablet twice daily for 15 days	Not if already on SSRI, have heart problems (QT)



**Please note** - Each case is different and there is no universal recipe and it needs to be adjusted individually. Always mention co-morbidities, allergies or any chronic medications.

<b>9. PLASMAQUINE</b> <b>(HYDROXYCHLOROQUINE</b> <b>ALTERNATIVE AVAILABLE</b> <b>IN SA)</b>	One twice daily x 10 days	Later if persistent, dry cough  NB – Contra-indications( Q-T interval)
<b>10. ZITHROMAX</b>  (Possible alternative to Doxycycline)	500mg once daily for 6 days	Later if needed for secondary bacterial infection
<b>11. CIPLA ACTIN</b>	4mg – 1 or 2 tablets 3 X a day	Plays a crucial role in combatting the associated allergic manifestations
<b>12. ASPAVOR</b>	40mg 1 tablet daily	Protects blood vessels
<b>13. MYBULEN</b>	2 Tablets 3 X a day for 30 pills	For fever/pain  (Not if codeine contra-indicated)
<b>14. CICLOVENT INHALER</b> <b>80µg (MICROGRAMS)</b>	2 puffs twice a day	To reduce lung inflammation
<b>15. VENTEZE SYRUP</b>	20ml 3 x a day	To open airways for wheezing and shortness of breath
<b>16. PHENERGAN 25MG</b> <b>TABLETS</b> <b>(PROMETHAZINE)</b>		

## FOUR: VITAMINS, MINERALS, ETC

VITAMIN C	1000MG – 3X per day for 30 days	Less if diarrhoea
ZINC	100MG daily for 30 days	Anti-oxidant, anti-inflammatory
VITAMIN D	50 000IU weekly or an immediate dose of 10 000IU and then 5000IU daily.	
QUERCETIN	250MG twice a day x 30 days	
MELATONIN	3-6-10mg	At night (causes drowsiness/sleepiness)
IMMUNO –TF	2 capsules daily	Assists immune system
ANDROGRAPHIS	1 X 200mg capsule daily for 5 days	Strong antiviral and anti-inflammatory properties
L-LYSINE	1000mg twice daily 2 hours after meals	Avoid all caffeine
VITAMIN E	400IU	Daily

Selenium, Magnesium, Probiotics and Omega Oil capsules are options which have shown benefit.



## FIVE: MONITORING 1

**PULSE OXIMETER** – Ideally hourly. Measures oxygen saturation in blood and pulse.

**TEMPERATURE** – Monitor 3-4 X Daily (above 37° C is high)

**BLOOD PRESSURE** – Measure 3 X daily if you have a device at home (not imperative)

**BLOOD TESTS AND CHEST X-RAY** – These are done whenever required but must be done on Day 5 or 6

**PULSE OXIMETER** - Must remain above 90. Do readings for 30 seconds and take deep breaths.



**BLOOD TESTS TO BE DONE STAT (URGENTLY) WHEN ORDERED** - FBC, IL-6/CRP, Pro- Calcitonin, D-Dimer, Ferritin, Glucose, LDH, ALT and others as determined by Doctor.



**CHEST X-RAYS** - Will be done usually between day 5-8 and followed up as needed



## FIVE: MONITORING 2

### TAKE NOTE THAT 5-8 DAYS AFTER START OF SYMPTOMS IS CRITICAL

If symptoms worsen, please urgently contact the Doctor's rooms and see below for treatment. If indicated, you will need blood tests and a Chest X-ray at this stage. If needed, your Doctor will urgently commence:

#### CORTISONE TABLETS

**CLEXANE INJECTIONS:** The dosage will be determined by the Doctor and the patient or carer will administer daily for 10 days.

(Any other anti-clotting medication, Disprin, Xaralto (or generic) MUST be stopped at this stage.)

1. Blood tests and Chest X-rays if required	Usually on day 5-6
2. Day 8 EMERGENCY/RESCUE SCRIPT	From days 5-8. Consult with your Doctor. NO Cortisone before day 5.

If oxygen saturation drops below 94 please contact the Doctor to take action.  
Continue nebulizing 2 hourly with Nano Colloidal Silver 5ml and 4 hourly with Hydrogen Peroxide.

Pulmicort 0.5mg in Nano Colloidal Silver – three times a day.

All above treatment continues, Ivermectin increased by 0.1mg per kilogram. Up to 0.6mg/kg if condition deteriorates.

If Oxygen stats drops to 90% or less further action is required.

Urgently obtain home oxygen in case oxygen stats drop below 80% (VERY URGENT)

Hospital admission advised. If not, adequate home care possible in the event that there are no beds.

Increase Ivermectin by 0.1mg per kilogram per day up to 0.6mg/kg if condition deteriorates.

Daily Prednisone if CRP blood results are greater than 2 or shortness of breath – 3 X a day.

# SIX: Correct over the counter medication

Our Doctors will recommend your personal regimen.



## **Nasopharyngeal sanitization -**

With Nano Colloidal Silver and/or  
Hydrogen Peroxide, Betadine gargle,  
steaming with essential oils.



## **Nebulizing:**

- \* Peroxide 4 hourly
- \* Nano Colloidal Silver 2 hourly

## SEVEN: OVER THE COUNTER MEDICATION

<b>LINCTAGON</b>	<b>10ml 3 X a day</b>	<b>For coughing, tight chest</b>
<b>BETADINE GARGLE</b>	3 X a day	For sore throat and to assist in killing COVID

## EIGHT: NEBULISATION

<b>NANO COLLODIAL SILVER</b> <b>Treatment</b>	<b>Nebulize with our top quality product</b>	<b>Initial nebulization of 20ml and then 5ml every 2 hours x 5 days and as required.</b>
<b>HYDROGEN PEROXIDE</b> <b>AVAILABLE AT ZIPP HEALTH AT CORRECT STRENGTH</b>	Nebulize with 2ml of our prepared 1.5% dilution 4 hourly.	Works very well, assists with oxygen levels, breaks up phlegm, antiviral. If it burns dilute more.

Visit: <https://nebulize.me/>

## NINE: NASAL SPRAYS

<b>HYDROGEN PEROXIDE</b>	<b>Nasal spray from Zipp Health</b>	<b>4 X daily (or more if needed)</b>
<b>NANO COLLOIDAL SILVER</b>	<b>Nasal spray from Zipp Health</b>	<b>4 X daily (or more if needed)</b>

PLEASE consult with your Doctor regarding allergies, chronic medication and illnesses you might have.

**ISOLATE, STAY HYDRATED, SLEEP ENOUGH AND EAT HEALTHILY!**

Please contact the Practice with any concerns or problems.

011 792 1616

[www.zipphealth.co.za](http://www.zipphealth.co.za)