

GUIDE FOR AT HOME USE

# PREVENTION & EARLY TREATMENT FOR COVID-19

OCT 20, 2022





This document does not constitute medical advice.

Always check with your trusted healthcare provider before taking any medications or supplements or undertaking any health or lifestyle measures. If you are pregnant, taking medication or have any health conditions, getting your trusted healthcare provider's advice is especially important.





# Take your health into your own hands

You are an individual and there is **no one size fits all when it comes to your health**. Our immune systems have different strengths and vulnerabilities - often related to age, other health conditions, or previous exposures.

That said, there are some measures that can improve your chances of **avoiding infection** with SARS-CoV-2. Or **lessen your symptoms** and help to **prevent severe illness** if you do develop COVID-19.





# COVID-19 Prevention A Holistic Approach

## Nutrition

**Healthy eating** is vital to both your metabolic and gut health, which are essential for a strong immune system.

**Avoid processed foods, sugar and refined carbohydrates.**

Strive for a **high fibre diet of a variety of vegetables, fruits, high quality protein, and healthy fats.**



## Lifestyle

**Get adequate sleep**, a minimum of 8 hours per night.

**Daily exercise**, 20 minutes of cardio per day, plus strength training a few times a week.

**Drink more water**, 2-3 litres per day.

Reduce stress. Try meditation, yoga, therapy, socializing & nature walks.



## Nasal/Oral Rinse

Reduce virus in your nose and throat.

**Nasal rinsing** Use **1X day**. Nasal saline rinse systems are found at most drug stores.

**Gargling with mouthwash 2X day**  
Choose one with cetylpyridinium chloride like **Scope**, or antiseptic essential oil based like **Listerine** with thymol, menthol and eucalyptus.



## Environment

**Use a humidifier** in cold, dry months. Membranes in mouth, nose & eye need to be moist to be protective.

**Increase ventilation** (air flow) in your home/work.

**Avoid sick people.** Asymptomatic people present little risk. Sick (symptomatic) people, are the ones who can be contagious.



## Supplements

Recommended doses for prevention. Doses may differ for early treatment. See [Dosing Chart on p.8](#).

### Immune supports

- Vitamin D **2,000 - 5,000 IU / Day**
- Vitamin C **500-1,000mg / Day**
- Quercetin **250mg / Day**
- Zinc (with copper) **30-40mg / Day**
- Melatonin up to **6mg at Bedtime**

### Antiviral

- Ivermectin (*only available by prescription in Canada*) **NOT DAILY**  
**Take 0.2mg per kg of your body weight 2X PER WEEK with food**
- Nigella Sativa (*Ivermectin alternative*)  
**80mg per kg of body weight per day**



There's no one magic solution that will work on its own - approaching immune health from a holistic, multi-pronged perspective is best. You don't have to take all these measures, but the more of them you take, the more effectively they will work together to protect you.



# COVID-19 Infection Phases

*Our goal with this guide is to prevent infections from taking hold and progressing to stages 3 & 4.*



## 1. Incubation Phase

Virus begins to replicate. There are no symptoms, so you may not be aware that you are infected. This is why **regular nasal rinsing and gargling** - especially after you've been exposed to large groups - **can prevent an infection** from progressing to symptomatic or severe.



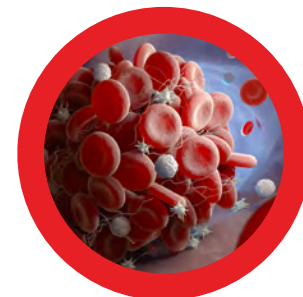
## 2. Symptomatic Phase

Symptoms such as fever, muscle aches, headache, sore throat, loss of appetite, loss of sense of taste/smell, nausea, diarrhea, weakness and fatigue begin. **This is when you are most contagious. Avoid others.**



## 3. Pulmonary Phase

This is the early inflammation phase when your body has geared up to fight the infection. Flu-like symptoms may continue. You may also develop a cough. Your blood oxygen levels may become low and you may experience shortness of breath. **Any time you have difficulty breathing, you should go to the hospital.** You may still be contagious at this stage.

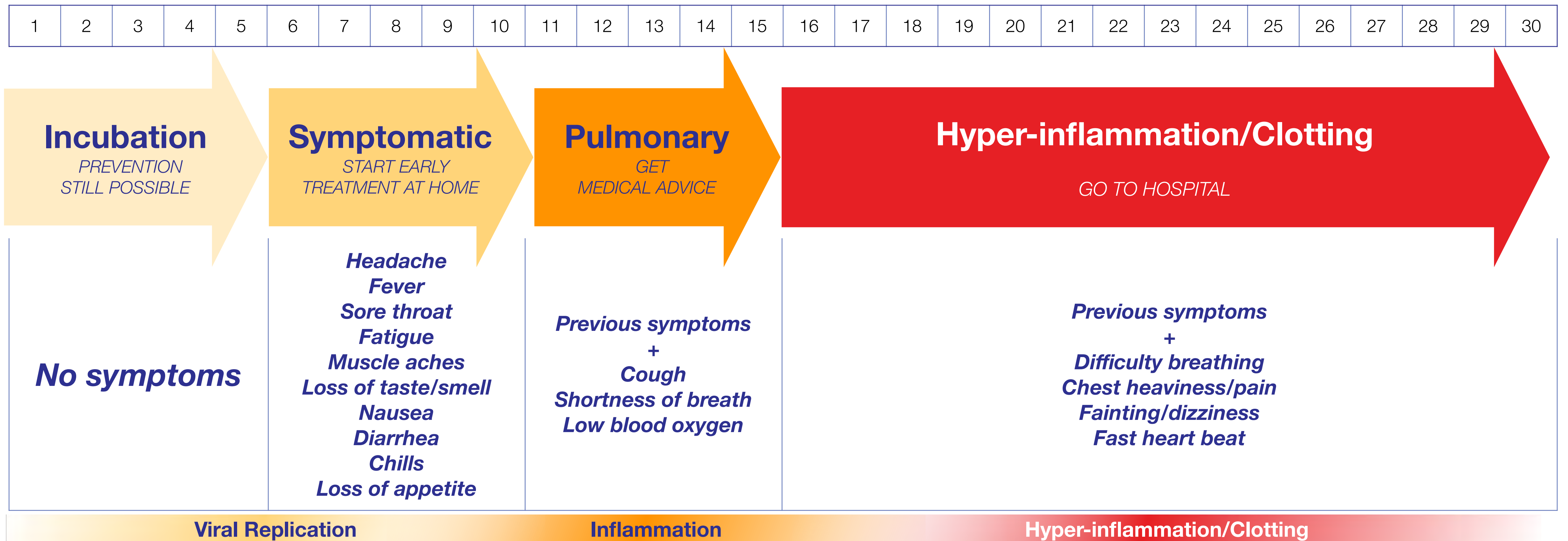


## 4. Hyper-inflammation/Clotting Phase

This is the stage where hyper-inflammation sets in and blood clots can start to form. In some people, blood oxygen levels may become very low, and in addition to difficulty breathing, people may experience chest pain and heaviness. **If you are experiencing any of these symptoms, you should go to the hospital.**

# COVID-19 Infection Phases In Days




*Exact number of days will vary by individual*



**Not everyone will experience all symptoms. Not everyone will progress to Phases 3 and 4.**

# Early Treatment At Home Toolkit

*Stock up on these items ahead of time*

Immune Support	Anti-viral	Anti-inflammatory	Anti-clotting	Symptom Support
<p><b>Vitamin C</b> <b>Vitamin D</b> <b>Zinc (with copper)</b> <b>Quercetin</b> <b>Melatonin</b></p> <p><i>These supplements boost your immune system.</i></p>	<p><b>Mouthwash</b> <i>(Check for active ingredient)</i> <b>Scope</b> with cetylpyridinium chloride <b>Listerine</b> w. thymol, menthol &amp; eucalyptus <b>Betadine</b> w povidone iodine</p> <p><b>Nasal saline rinse</b> <b>Nigella sativa</b> <b>Ivermectin</b> <i>(Ivermectin requires a prescription in Canada.)</i></p> <p><i>These are measures that attack the virus directly.</i></p>	<p><b>N-Acetylcysteine (NAC)</b> <b>Turmeric (Curcumin)</b> <b>Ibuprofen (Advil, Motrin)</b></p> <p><i>These reduce inflammation in the body.</i></p>	<p><b>Aspirin</b> <i>(Check with healthcare provider before taking. Depending on existing medications and health conditions, Aspirin could be contraindicated.)</i></p> <p><i>This reduces the risk of blood clots.</i></p>	<p><b>Acetaminophen (Tylenol)</b> <b>Cough medicines</b> <b>Natural remedies like honey/ginger</b></p> <p><i>Provide symptomatic relief for headaches, fever, cough, etc.</i></p>
Useful tools				
<p><b>Nasal Irrigation Device or Neti Pot</b></p> <p>Only use sterile, saline wash. Do not use tap water without boiling - then cooling - first. If making your own, mix 3 teaspoons of iodide-free, preservative-free salt with 1 teaspoon of baking soda and store in a small clean container. Mix 1 teaspoon of this mixture in 8 ounces of distilled, sterile or previously boiled and cooled water.</p> <p><b>Safe for children.</b></p>		<p><b>Thermometer</b></p> <p><i>If you have a fever, you can take Acetaminophen or Ibuprofen to bring it down.</i></p> 	<p><b>Pulse Oximeter</b></p> <p><i>Clips to finger to measure blood oxygen saturation. <b>Below 94%, go to hospital.</b></i></p> 	



# COVID-19 Home Treatment Dosing Chart

Immune Support

Anti-viral

Anti-inflammatory

Anti-clotting

Symptom Support

	PHASE 1 Prevention/Incubation	Phase 2 Symptomatic	Phase 3 Pulmonary <i>Get medical advice</i>	Phase 4 Hyper-inflammation <i>Go to hospital</i>
Vitamin C	500 - 1,000mg 2X day		1,000mg 2X day	
Vitamin D	2,000 - 5,000 IU		5,000 - 7,000 IU	
Quercetin	250mg		250mg 2X day	
Zinc (with Copper)	30 - 40mg		100mg	
Melatonin	Up to 6mg at bedtime		Up to 10mg at bedtime	
Mouthwash	2X a day	3X a day	These are less effective in Phase 3/4. Early treatment is key.	
Nasal rinse	Daily	3X a day		
Nigella sativa	80mg per kg			
Ivermectin	0.2mg per kg 2X per week	0.4 - 0.6mg per kg daily		
N-Acetylcysteine (NAC)			600 - 1,200mg X 2	
Ibuprofen (Advil, Motrin)			As needed (see directions on package)	
Antihistamines			As needed (see directions on package)	
Aspirin			325mg (check with your healthcare provider)	
Acetaminophen (Tylenol)			As needed (see directions on package)	
Cough medicines			As needed (see directions on package)	



*Our alliance of over 600 independent Canadian doctors, scientists, and healthcare practitioners is committed to providing quality, balanced, evidence-based information to the Canadian public about COVID-19 so that hospitalizations can be reduced, lives saved, and our country safely restored to normal as quickly as possible.*



Canadian Covid Care Alliance  
Alliance canadienne pour la prévention  
et prise-en-charge de la covid

**[www.canadiancovidcarealliance.org](http://www.canadiancovidcarealliance.org)**