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**Early Treatment of COVID-19, Long Covid and Vaccine Injuries**  
**Mark Hyman MD and Matt Cook MD**  
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**4 Pillars of Response**

1. Control the spread of the virus
2. Early home based treatment
3. Late stage hospital treatment
4. Vaccination

**Risk of Death**

- < 50 years old risk is 0.05%
- < 18 years old close to 0%
- 7 x more children die from flu than COVID-19

**Reasons for Severe Illness**

- Cytokine storm
- Blood clotting

**High Risk Patients**

- Obesity
- Diabetes or pre-diabetes (> 50% of Americans)
- Lung disease
- Kidney disease
- Hypertension

- Autoimmune disease
- Cancer treatment
- Corticosteroid use

## **Symptoms**

### Most Serious

- Shortness of breath
- Severe cough
- Chest pressure
- Low oxygen saturation < 90%

### Common Symptoms

- Runny nose
- Fatigue, low energy, malaise
- Body and muscle aches
- Headaches
- Dry cough
- Fever
- Chills
- Sweats
- Loss of taste or smell
- Loss of appetite or nausea
- Diarrhea not common
- Chest heaviness
- Low blood oxygen < 95%
- Rapid heart rate
- Loss of concentration

## **Recommendations for Home Care**

- Quarantine for 7-14 days
- Home disinfection

## **Nasal and Mouth Care**

This is important to do after diagnosis immediately to reduce viral load and prevent worsening. Can be done preventively after being out in crowds or after exposure.

- Betadine (povidine iodine) 2 tsp in 6 ounces of water
- Use bulb syringe to rinse out both nostrils
- Also gargle and spit out
- Can also use Listerine 3x/day orally and gargled
- You can use these pre-made sprays
  - <https://www.betadine.ca/nasal-spray/>
  - <https://www.betadine.ca/sore-throat/sore-throat-gargle/>

0.6% PVP-I solution in oro-nasal spray device

<https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/2775984>

Povidone Iodine (PVP-I) mouthrinse/gargle for 30 s can reduce SARS-CoV-2 virus infectivity to below detectable levels.

Other Oro-Nasal Treatments in Early Infection or Post-Exposure

FEND: <https://www.hellofend.com/>

H2O2 0.5% mist: <https://www.hindawi.com/journals/ecam/2021/5592042/>

LL37 Nasal spray - mix 2 mg LL37 with Xylitol Nasal spray

Colloidal silver nasal rinse and nebulization from Designs for Health

## Fluids and Hydration

- Water with electrolytes (Lyte Show or other)
- Urine should be clear
- Drink half your weight in ounces of water or more a day

## Diet

- Whole foods anti-inflammatory diet
- Avoid all sugar and starch
- Increase intake of fruits and vegetables

- Bone broth
- Adequate protein for immune function
- No process foods

### **Fever Treatment**

- Ice packs
- Ibuprofen every 8 hours 200-600 mg
- Tylenol can affect liver and impair oxygenation

### **Testing**

- Antigen testing
- PCR or molecular testing (can be false +)
- T Cell testing (newer test) called T-Detect
- Cytokine and Spike Protein testing
  - <https://covidlonghaulers.com>

### **Early Treatment is Essential**

Early treatment is essential to reduce the severity and risk of hospitalization and death from COVID-19

### **Lab Tests**

- hs-CRP
- D-dimer
- Ferritin
- CBC
- Chem panel (glucose, liver and kidney function)
- 25 OH vitamin D (should be over 50 ng/dl)
- Serum zinc
- EKG and troponin (looking for heart damage)
- Oximeter to track oxygen saturation (available at any pharmacy)

### **Supplements (bold are the most important)**

- **Quercetin 500 mg twice a day by Pure Encapsulations (1000 mg 2 x a day if sick)**
- **Vitamin D3 5000 IU day by Pure Encapsulations (50,000 IU a day if sick for 10 days)**
- **Zinc citrate 30 mg twice a day by Pure Encapsulations**

- **Vitamin C 1000 mg 2 twice a day (liposomal) by Quicksilver or just regular vitamin C (4000 twice a day if sick)**
- **NAC 600 mg twice a day (or Liposomal Glutathione by Quicksilver 4 pumps twice a day)**
- **Curcumin 1000 mg twice a day (Meriva by Thorne)**
- **NAD+ Gold 4 pumps twice a day by Quicksilver**
- Vitamin A 5000 U a day or more 10,000 or 20,000 IU for a week by Pure Encapsulations
- ECG 500 mg twice a day by Pure Encapsulations
- Selenium 200 mcg a day by Pure Encapsulations
- Melatonin 3-20 mg at night by Pure Encapsulations
- Omega 3 fats 1 gram twice a day (Omegagenics 720 1 twice a day by Metagenics)

### **Medications (off label use)**

#### **Anti-viral Therapies**

NOTE: These therapies are not very effective once disease has progressed and patients are in the hospital but are effective as early intervention in outpatient settings.

[https://journals.lww.com/americantherapeutics/fulltext/2021/08000/ivermectin\\_for\\_prevention\\_and\\_treatment\\_of.7.aspx](https://journals.lww.com/americantherapeutics/fulltext/2021/08000/ivermectin_for_prevention_and_treatment_of.7.aspx)

The data on ivermectin are stronger than that for hydroxychloroquine

- Ivermectin 18-36 mg (0.4 to 0.6 mg/kg) daily x 5 doses (May have GI side effects)

#### **Antibiotic**

We don't necessarily recommend everyone take an antibiotic. Particularly with the current variant, many patients are not getting pneumonia. However, if one does develop pneumonia, it can become a bacterial infection on top of a viral infection and as a result many patients will do well on an antibiotic.

Start day 3-14

- Azithromycin 500 mg po for 5 days, start only if concern for pneumonia
- Alternatively some consider doxycycline

## Anti-inflammatory Therapies

Start day 3-14

Many patients will develop a dry cough after 2-3 days. Steroid inhalers can be quite helpful at controlling this. There's some other options discussed here as well.

- Nebulized budesonide 1 mg/2ml nebulized twice a day
- Or Budesonide inhaler (Pulmicort Flexhaler 2 puffs twice a day)
- Oral prednisone 1 mg/kg daily with taper over 10 days or dexamethasone 6 mg a day taper over 10 days
- Colchicine (if heart issues) 0.6 mg twice a day for 3 days then daily for 30 days
- ASA 325 mg daily
- Home oxygen concentrator

## Anti-Coagulants (Day 7 and beyond)

Some patients develop a hypercoagulable state and can form blood clots from COVID. As a result, some doctors may choose to add a blood thinner at this time.

- Eliquis 5 mg twice a day or Xarelto 20 mg daily or Pradaxa 150 mg twice a day or Savaysa 60 mg daily in standard doses for 30 days

## Monoclonal Antibodies

**These are the most potent and safe treatments for early treatment of COVID-19 and ideally should be given as soon as possible after you get sick**

**Take one of these immediately after + test or with onset of symptoms.**

**To Find a location near you:**

<https://protect-public.hhs.gov/pages/therapeutics-distribution>

- Regeneron REGEN-COV2 (Casirvimab/Imdevimab) 600mg/600 mg x 1 dose IV or SC within 10 days of onset of symptoms or ASAP after + test
  - May have reduced efficacy with Omicron
- Sotrovimab 500 mg IV x 1 dose - Made by GlaxoSmithKline (GSK) -
  - Appears to work on Omicron
- Bamlanivimab 700 mg IV x 1 dose and Etesevimab 1400 mg IV x 1 dose - Made by Lilly
- Tixagevimab co-packaged with cilgavimab aka *Evusheld* - made by AstraZeneca

- *May have a benefit for 6 months*
- *May therefore work for prophylaxis*
- *May also have benefit for omicron*

### **Other Anti-virals**

- Favipiravir 1800 mg twice a day for one day then 600 mg twice a day for 5 to 30 days (inhibitor of viral RNA polymerase)
- <https://bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-021-06164-x>

### **Pending Treatments by Merck and Pfizer**

Still under investigation and may add some benefit in treatment

- Paxlovid -Pfizer - Early data is very good and better than Molnupiravir. Recent FDA approval but not available yet at pharmacies today
- Molnupiravir - Merck

### **Other Therapies**

- Fluvoxamine (Luvox) 100 mg twice a day for 10 days (an anti-depressant that may have antiviral effects)
- [https://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(21\)00448-4/fulltext](https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(21)00448-4/fulltext)

### **Oxidative and Supportive Therapies for Treatment and Post COVID-19 Syndrome**

- IV NAD 500 mg 1-2 x weekly
- IV GSH 2 grams IV 3-5 x a week, +/- inhaled GSH or NAC
- IV vitamin C 10 -25 grams 3 -5 a week
- IV lysine 2-3 grams 3-5 x a week
- Ozone 1-10 pass 1-3 x a week, Major Autohemotherapy, Ozone Dialysis or Ozone Plasmapheresis
- Rectal ozone 1 L a day if IV not available

### **Peptide Therapy**

- Thymosin Alpha 1
  - 1.5-10 mg/day depending on severity for acute covid
  - As symptoms resolve decrease dose over 3-5 days
  - Dose every 3-4 hours subcutaneously
  - Can do up to 5 mg TA1 IV per day supported with subcutaneous shots for severe disease
  - Consider therapy for 20-30 days
- Thymosin Beta 4
  - 1.5-10 mg/day depending on severity for acute covid
  - If using high dose with TA1 use low dose TB4 (1.5 mg with TB4 and vice versa)
  - Dose every 3-4 hours subcutaneously
  - Take for first 10 days and wean as symptoms resolve
- Thymosin Beta 4 fragment 1-4
  - 2-5 mg/day
- BPC 157 500 mcg to 1 mg 2 times a day
- LL 37 100 mcg twice a day during acute period of 10 days, then decrease to 100 mcg once a day for 10 days
- Bioregulator Peptides orally and subcutaneously

### **Immune Modulating Therapies**

- Exosomes 15 - 30 billion IV from Kimera Labs every 90 Days or more often
- Can also nebulize exosomes
- Stem Cell Therapy
  - Contact BioReset International

### **Long Covid and Vaccine Injuries**

- Consider Cytokine and Spike Protein testing