

I-MASK•

PREVENTION & EARLY OUTPATIENT TREATMENT PROTOCOL FOR COVID-19

PREVENTION PROTOCOL

Ivermectin Prevention for high-risk individuals**

1st dose* on day 1, 2nd dose on day 3, then one dose weekly.

Prevention after exposure to COVID-19

1st dose on day one, 2nd dose on day 3

MAY ADD

Vitamin D3	1000 - 3000 IU/day
Vitamin C	1000 mg twice a day
Quercetin	250 mg/day
Zinc	50 mg/day
Melatonin	6 mg before bedtime (causes drowsiness)

EARLY OUTPATIENT TREATMENT PROTOCOL

Ivermectin Treatment of early COVID-19 infection***

Two doses daily, minimum of 2 days, continue daily until recovered (max 5 days)

MUST ADD

Vitamin D3	4000 IU/day
Vitamin C	2000 mg 2-3 times daily
Quercetin	250 mg twice a day
Zinc	100 mg/day
Melatonin	10 mg before bedtime (causes drowsiness)

* Take one dose with water on an empty stomach. Dose calculated by weight as shown below.

** To use if (1) a household member is COVID-19 positive or (2) you have prolonged exposure to a COVID-19 positive patient without wearing a mask or (3) you have been in a situation without social distancing or people not using masks

*** For treatment after a confirmed diagnosis of Covid-19

AS PREVENTION AFTER SUSPECTED EXPOSURE

- Take one dose of Ivermectin on Day 1 and again on Day 3, after exposure to a possible or suspected case of COVID-19.
- If you are at high risk of COVID-19, e.g. a health care worker, take one dose every week for as long as you are exposed.

TREATMENT OF A CONFIRMED CASE

- Start treatment as soon as COVID-19 has been confirmed and continue taking 2 daily doses for at least 5 days or until symptoms clear

CALCULATING YOUR DOSE*

The dose depends on your body weight:

Weight	No. of 12mg tablets
20 - 45kg	half
46 - 75kg	one (1)
76 - 105kg	one and half
106 - 135kg	two (2)
136 - 165kg	two and half

Behavioural Prophylaxis



WEAR MASKS



KEEP DISTANCE
(2 meter)



WASH HANDS