

Early Treatment of Covid19 including Ivermectin

This information is for people who wish to take early treatment for Covid 19 incorporating Ivermectin. Ideally people should have this medication prescribed and supervised by their doctor, but this is not available in the UK at the time of writing, so people who wish to benefit are obliged to treat themselves. Many countries have supplied medical kits along with instructions like this, but we in the UK have to make our own.

Ivermectin is a very safe drug, with 3.7 Billion doses having been given to humans worldwide over the last 40+ years, mainly for parasitic infestations. Adverse effects may include dizziness, pruritis (itchiness), nausea, or diarrhoea.

There are some risk situations where you should avoid taking it without medical supervision. Safety is not established in the first trimester (three months) of pregnancy. As with all drugs, caution is required if you have liver or kidney impairment. There are serious interactions with erdafitinib, lasmiditan, quinidine, sotorasib and tepotinib, and you should not take Ivermectin with any of them. If you are taking any other medications you can check for less serious interactions at <https://reference.medscape.com/drug/stromectol-ivermectin-342657#3>

Do not take ivermectin with alcohol.

Four Important Tips

1. Ivermectin does not work alone, it is vital to take Zinc and Vitamins D and C in adequate doses whilst treating Covid19.
2. Ivermectin is not well absorbed from the gut unless taken with food, preferably something fatty.
3. There is some evidence that Quercetin strengthens the effects of Ivermectin, so best to separate them and take one of them in the morning and the other at night.
4. Start the regime as soon as you realise you have Covid19, all the evidence suggests the sooner the better.

A suggested regime (adapted from the FLCCC iMask Protocol)

Ivermectin 0.2 - 0.4mg/Kg daily for at least two days up to five days or until feeling better. Work out your dose using the table below.

Vitamin D 4,000iu daily

Vitamin C 1000 - 2000mg daily - buffered less likely to irritate stomach

Zinc 50mg elemental is equivalent to 220mg zinc sulphate

Aspirin 300mg daily with food if you have no allergy to it or stomach ulcers

Quercetin 500mg at different time of day to ivermectin

5HTP You can't get the Melatonin recommended on the FLCCC Protocol in the UK, so this precursor may help you make your own. Use the manufacturers instructions.

Clean your nasal passages and throat 2-3x daily to reduce viral load, a safe and effective antiviral is colloidal silver which you can use as nasal drops, gargle and nebulise (if you have a nebuliser). It is safe to swallow as well. Other substances can be used - see the FLCCC web site at: <https://covid19criticalcare.com/>

Monitor your oxygen levels with a pulse oximeter. Learn how to use it when you are well. Saturations consistently below 92% need medical intervention.

After stopping the Ivermectin, it is a good idea to continue the vitamins/supplements and aspirin for another 2-3 weeks, then you can usually drop the aspirin and return to everyday prevention doses of the vitamins and supplements. It is not a good idea to continue high doses of Zinc for more than 3-4 weeks. Purchase the best supplements you can afford, they generally do work better. You can split the doses of vitamins and zinc if you prefer.

Practical Steps

Be prepared with supplies of what you may need and work what amounts of your vitamins and supplements will make up the dosages.

Write out a schedule. Brain fog is a symptom of Covid19, so do this before you are ill.

Work out your dose of Ivermectin. At the time of writing (Jan 2022) the current recommended dose if you are not in a high risk category is 0.4mg/kg per day. If you are high risk it is 0.6 mg/kg per day. Risk factors include obesity, blood pressure, diabetes and blood group A+.

Dose Table for Ivermectin 0.4mg/Kg (check FLCCC site for latest recommendations)

Weight in Kg	Daily dose in milligrams
50-64.9	24
65-79.9	30
80-94.9	36
95-109.9	42
≥ 110 kg	48
Tablets come in 3, 6 and 12mg sizes. Use a pill cutter if necessary on the larger sizes	

Prevention of Covid19

Ivermectin has also been shown to prevent Covid19. Dosage regimes vary, but a simple one is a once weekly dose of 0.4mg/kg.

If exposed to Covid19, take one dose (0.4mg/Kg) ASAP and repeat 48 hours later.

Boost your immunity – follow the advice at <https://worldcouncilforhealth.org/resources/optimize-natural-immunity/> Basically a healthy diet, exercise, fresh air/sunlight, sleep and stress reduction all help, together with supplements, especially Vitamin D. There are many more, so read the full article and then do what you feel is best for you.

There are many things you can do to prepare for Covid19 (or any other infection for that matter). Take some steps and loose your fear and sense of hopelessness.

Disclaimer: January 2022. This information has been collated by a retired NHS GP in the spirit of helping you to use early treatment with Ivermectin safely and effectively. It does not constitute personal medical advice.