

# I-MASK+

## PREVENTION & EARLY OUTPATIENT TREATMENT PROTOCOL FOR COVID-19

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### PREVENTION PROTOCOL

<b>Ivermectin</b> <sup>1</sup>	<b>Prevention for high risk individuals</b> 0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours, then one dose weekly*
	<b>Post COVID-19 exposure prevention</b> <sup>2</sup> 0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours*
<b>Vitamin D3</b> *	1,000–3,000 IU/day
<b>Vitamin C</b> **	500–1,000 mg twice a day
<b>Quercetin</b>	250 mg/day
<b>Zinc</b> ***	30–40 mg/day
<b>Melatonin</b>	6 mg before bedtime (can cause drowsiness)

### EARLY OUTPATIENT PROTOCOL<sup>3</sup>

<b>Ivermectin</b> <sup>1</sup>	0.2–0.4 mg/kg per dose (take with or after meals) — one dose daily, take for 5 days or until recovered* Use upper dose range if: 1) in regions with more aggressive variants; 2) treatment started on or after day 5 of symptoms or in pulmonary phase; or 3) multiple comorbidities/risk factors.
<b>Fluvoxamine</b>	50 mg twice daily for 10–14 days. Add to ivermectin if: 1) minimal response after 2 days of ivermectin; 2) in regions with more aggressive variants; 3) treatment started on or after day 5 of symptoms or in pulmonary phase; or 4) numerous comorbidities/risk factors. Avoid if patient is already on an SSRI.
<b>Nasopharyngeal Sanitation</b>	Steamed essential oil inhalation 3 times a day (i.e. vapo-rub) and/or chlorhexidine/benzylamine mouthwash gargles and Betadine nasal spray 2–3 times a day
<b>Vitamin D3</b>	4,000 IU/day
<b>Vitamin C</b>	500–1,000 mg twice a day
<b>Quercetin</b>	250 mg twice a day
<b>Zinc</b>	100 mg/day
<b>Melatonin</b>	10 mg before bedtime (causes drowsiness)
<b>Aspirin</b>	325 mg/day (unless contraindicated)
<b>Pulse Oximeter</b>	Monitoring of oxygen saturation is recommended (for instructions please see page 2 of this file)

For **optional medicines** and an overview of the developments in prevention and treatment of COVID-19, please visit [www.flccc.net/optional-medicines](http://www.flccc.net/optional-medicines).

\* The dosing may be updated as further scientific studies emerge.

<sup>1</sup> The safety of ivermectin in pregnancy has not been established. A discussion of benefits vs. risks with your provider is required prior to use, particularly in the 1st trimester.

<sup>2</sup> To use if a household member is COVID-19 positive, or you have prolonged exposure to a COVID-19 positive patient without wearing a mask

<sup>3</sup> For late phase — hospitalized patients — see the FLCCC's MATH+ Hospital Treatment Protocol for COVID-19 on [www.flccc.net](http://www.flccc.net)

Please regard our **disclaimer** and further information on page 2 of this document.

**Functional Medicine Notes per Dr. Gering:**  
\* Vitamin D3 - always take D3 with Vitamin K2 to direct D3-Calcium complex to the bones (10mcg K2 for every 1000IU D3); typical D3 dose 5000-10,000IU Sept to May, and 1000-3000IU in the summer; check blood level to know your personal dose ("normal" level is 30-100; optimal for most is 60-80)  
\*\* Vitamin C - can easily take much more than this; just back off if having loose stool; ideally get buffered C; consider C cleanse to find personal dose  
\*\*\* Zinc - recommend max 30 mg for daily use, but can increase for a week or two if feeling run down; too much zinc can block copper, so consider checking levels if taking higher dose zinc for more than a few months  
^ Effectiveness of masks and distancing has been debated. **Handwashing HAS** been proven helpful.

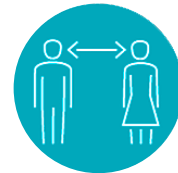
#### Behavioral Prevention<sup>^</sup>



### WEAR MASKS

Must wear cloth, surgical, or N95 mask (without valve) in all indoor spaces with non- household persons.

Must wear a N95 mask (with-out valve) during prolonged exposure to non-household persons in any confined, poorly ventilated area.



### KEEP DISTANCE

Until the end of the Covid-19 crisis, we recommend keeping a minimum distance of approx. 2m/6feet in public from people who are not from your own household.



### WASH HANDS

We recommend, after a stay during and after outings from home (shopping, subway etc.), a thorough hand cleaning (20–30 sec. with soap), or also to use a hand disinfectant in between.

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### IVERMECTIN FOR COVID-19

**56 TRIALS, 469 SCIENTISTS, 18,447 PATIENTS**

**28 RANDOMIZED CONTROLLED TRIALS**

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

**78% IMPROVEMENT IN 23 EARLY TREATMENT TRIALS RR 0.22 [0.12-0.39]**

**46% IMPROVEMENT IN 19 LATE TREATMENT TRIALS RR 0.54 [0.40-0.72]**

**74% IMPROVEMENT IN 20 MORTALITY RESULTS RR 0.26 [0.15-0.44]**

**66% IMPROVEMENT IN 28 RANDOMIZED CONTROLLED TRIALS RR 0.34 [0.24-0.50]**

SUMMARY OF RESULTS REPORTED IN IVERMECTIN TRIALS FOR COVID-19. 05/21/21. IVMMETA.COM

## IVERMECTIN

### Summary of the Clinical Trials Evidence for Ivermectin in COVID-19

Ivermectin, an anti-parasitic medicine whose discovery won the Nobel Prize in 2015, has proven, highly potent, anti-viral and anti-inflammatory properties in laboratory studies. In the past 4 months, numerous, controlled clinical trials from multiple centers and countries worldwide are reporting consistent, large improvements in COVID-19 patient outcomes when treated with ivermectin.

Our comprehensive scientific review of these referenced trials on ivermectin can be found on [www.flccc.net/flccc-ivermectin-in-the-prophylaxis-and-treatment-of-covid-19/](http://www.flccc.net/flccc-ivermectin-in-the-prophylaxis-and-treatment-of-covid-19/)

For a quick overview, a One-page Summary of our review on ivermectin can be found on [www.flccc.net/one-page-summary-of-the-clinical-trials-evidence-for-ivermectin-in-covid-19/](http://www.flccc.net/one-page-summary-of-the-clinical-trials-evidence-for-ivermectin-in-covid-19/)

### Body weight conversion (kg/lb) for ivermectin dose in prevention and treatment of COVID-19

Body weight Conversion (1 kg ≈ 2.2 lbs) (doses calculated per upper end of weight range)		Dose 0.2 mg/kg ≈ 0.09 mg/lb (Each tablet = 3 mg; doses rounded to nearest half tablet above)	
70–90 lb	32–40 kg	8 mg	(3 tablets = 9 mg)
91–110 lb	41–50 kg	10 mg	(3.5 tablets)
111–130 lb	51–59 kg	12 mg	(4 tablets)
131–150 lb	60–68 kg	13.5 mg	(4.5 tablets)
151–170 lb	69–77 kg	15 mg	(5 tablets)
171–190 lb	78–86 kg	16 mg	(5.5 tablets)
191–210 lb	87–95 kg	18 mg	(6 tablets)
211–230 lb	96–104 kg	20 mg	(7 tablets = 21 mg)
231–250 lb	105–113 kg	22 mg	(7.5 tablets = 22.5 mg)
251–270 lb	114–122 kg	24 mg	(8 tablets)
271–290 lb	123–131 kg	26 mg	(9 tablets = 27 mg)
291–310 lb	132–140 kg	28 mg	(9.5 tablets = 28.5 mg)

#### Pulse Oximeter (usage instructions)

In symptomatic patients, monitoring with home pulse oximetry is recommended (due to asymptomatic hypoxia). The limitations of home pulse oximeters should be recognized, and validated devices are preferred. Multiple readings should be taken over the course of the day, and a downward trend should be regarded as ominous. Baseline or ambulatory desaturation < 94% should prompt hospital admission. The following guidance is suggested:

- Use the index or middle finger; avoid the toes or ear lobe
- Only accept values associated with a strong pulse signal
- Observe readings for 30–60 seconds to identify the most common value
- Remove nail polish from the finger on which measurements are made
- Warm cold extremities prior to measurement

#### DISCLAIMER

*The I-Mask+ Prevention & Early Outpatient Treatment Protocol for COVID-19 and the MATH+ Hospital Treatment Protocol for COVID-19 are solely for educational purposes regarding potentially beneficial therapies for COVID-19. Never disregard professional medical advice because of something you have read on our website and releases. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any patient. Treatment for an individual patient should rely on the judgement of your physician or other qualified health provider. Always seek their advice with any questions you may have regarding your health or medical condition.*

A summary of the published data supporting the rationale for Ivermectin use in our I-MASK+ protocol can be downloaded from [www.flccc.net/flccc-ivermectin-summary](http://www.flccc.net/flccc-ivermectin-summary)

For updates, references, and information on the FLCCC Alliance, the I-Mask+ Prevention & Early Outpatient Treatment Protocol for COVID-19 and the MATH+ Hospital Treatment Protocol for COVID-19, please visit our website [www.flccc.net](http://www.flccc.net)