

Expert Physicians Suggested Protocol for Breathing Issues and Other Symptoms.

***** Ask your doctor if these therapies are right for you. *****

The prescriptions listed below are part of the physician protocol.

1. Inhaled budesonide (liquid respules) using a nebulizer

Budesonide 0.5-1mg/2ml respules

Sig:1 respule BID*

Dispense 2 boxes

*(Covid patients benefit from 1 respule every every 4-6 hours; patients with severe symptoms benefit from 1 respule every 2 hours PRN)

2. Antibiotic to help prevent or fight pneumonia

Clarithromycin 500mg

Sig:1 Tab PO BID with food

Dispense 14. Refills X 1

3. Zinc to help with viruses

Zinc 50mg

Sig:1 PO QD

Dispense 30 Refills X 1

4. Aspirin to prevent blood clots

For Adults

Coated Aspirin 81mg

Sig:1 PO QD

Dispense 90 Refills X 3

Other over-the-counter items that patients have reported have aided in their recovery:

1. Tylenol – 1000 mg
- Use every four hours for headache/fever (no more than 4 times daily)
2. Mouthwash– one that say “kills 99.9% germs.”
- Gargle twice daily
3. Vitamin D3 2000-4000 u/day
4. Vitamin C 500 mg (twice daily)