

FIRST
THINGS
FIRST

If you are in ACTIVE
COVID
Start with this
Document

PROVIDED TO YOU BY:
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1st

FIRST THINGS FIRST

THIS IS NOT MEDICAL ADVICE

Read my **"Treat COVID19 At Home Protocols."**

- Decide which **Nutritional Supplements** you are wanting to use, if you need supplies, Go To my [AmazonStoreFront](#).
- Consider the **Prescription Drugs** (I.e., Prednisone, Albuterol, Budesonide, Antivirals, Anti-Inflammatories, Antibiotics) that Brave Doctors have said are safe & Effective for COVID19. Some are listed on Page 7 of my Protocols.
- Ask your MD for your RX's immediately, or Reach out to www.MyFreeDoctor.com or <https://budesonideworks.com/providers-2/> or <https://c19protocols.com/physicians-facilities-offering-early-treatment/>
- If you are confused and do not know what kind of prescriptions you need, Schedule a call with a COVID COACH: <https://calendly.com/jodi-hadsell/1x1-with-covid-protocol-coach?month=2021-10>

The [Data](#) suggests that **Budesonide Inhaled through a nebulizer**, used early (First 7-10 days) in the disease, not only stops the inflammation in the lungs, protects against blood clots, by suppressing Thromboxane in the lungs, but, also prevents long term complications from COVID19. If you are HIGH RISK, **REQUEST IMMEDIATELY!**

GET TESTED AS SOON AS YOU SUSPECT COVID. There are Saliva Tests Available and At Home Tests that can be found at local Pharmacies. **COUNT DAY 1 as First Day of Symptoms.** Keep COUNT!

The sooner treatment is begun the less likely COVID will progress to a more serious infection and illness.

The disease starts in your upper airway. **Treat from the TOP DOWN. SNORT-GARGLE-NEBULIZE-SUPPLEMENT**

If you know you have pre-existing medical conditions that put you at high risk, your need for aggressive, diligent early treatment, is imperative! likely combined w/ Prescriptions recommended by brave doctors, may be necessary!! SEE ABOVE

NATURAL OPTIONS THAT DO NOT REQUIRE A DOCTOR

- 1- **NURSES NOTE:** PRINT OFF ATTACHED DOCUMENT. Make 7 copies per person, put on clipboard to help you manage and care for each loved one in your home. It's like having your own personal nurse. It's called, "the DAILY COVID MEDS & NOTES CHART " to help you manage everything (attached)
- 2- **Go to My Instagram Pages:** Familiarize yourself with the **PURPLE POSTS SERIES**. YOU MUST SNORT< GARGLE & NEBULIZE & TAKE YOUR SUPPLEMENTS!! TREAT AGGRESSIVELY!! The Disease is a DRAGON, trying to take over your body, it may only be showing you a little headache, and stuffiness, but, if you leave it alone, IT WILL PROGRESS and you WILL LIKELY DETERIORATE!
- 3- **SNORT: Virus Replication Stopping Nasal Sprays 4-5 Times DAILY (See Purple Post# 4&6)** (Choose one: 1% Povidone Iodine 1% Hydrogen Peroxide, XLEAR/Xylitol, or 1% Johnsons Nasal Sprays, and use the Rhinocort /Budesonide Nasal Spray, as directed DAILY to reduce sinus inflammation)
- 4- **GARGLE: Virus Replication Stopping GARGLES 4-5 Times DAILY (See Purple Post# 4&7)** (Choose one: 1% Povidone Iodine, 1% Hydrogen Peroxide, Listerine Cool Mint, Betadine Sore Throat gargle, Scope w/ Cetylpyridium Chloride)
You can find these products on my Amazon StoreFront in "[Nasal & Oral Sanitation](#)"
- 5- **NEBULIZE:** (See **Purple Post #3** & My highlight Bubble H2O2/Nebulize) Get a [Nebulizer, FaceMask & Tubing!](#)
 - **Day 1 of COVID,**(or 1st day you learn about this) Nebulize 5ml every wakeful hour, for 10 minutes. ([Dr Brownstein](#) & Dr Mercola Method for respiratory Virus Protection)
 - **Day 2-7 of COVID:** Nebulize every 4 hours.
 - **Nebulize 0.9% Saline** – at a Minimum (You can Purchase Ready Made SALINE, Or Make it & Refrigerate it 1 month)
HOMEMADE SALINE RECIPE: To Make a Mason Jar of SALINE: (**2 Cups Distilled Water+1 teaspoon Sea Salt**) Strain any sediment through a paper towel or cheese cloth) Store in Fridge for 1 month

- **Nebulize Diluted 3% Hydrogen Peroxide** (Using 3% Hydrogen Peroxide, Dilute it down to One of the Following Recipes)
0.04% (2 1/3 Cup SALINE +1/2 TBSP Hydrogen Peroxide Store in a Mason Jar) Infants, Young Children-Adults
0.1% (2 CUPS SALINE + 3 1/3 tsp Hydrogen Peroxide Store in a Mason Jar) Children - Adults
0.75% (1 ½ CUPS SALINE + ½ Cup Hydrogen Peroxide Store in a Mason Jar) 14yo - Adult
1.5% (1 CUP SALINE + 1 CUP Hydrogen Peroxide Store in a Mason Jar) 14yo- Adult – More Progressed Disease
 - * **Nebulize Liquid Zinc with one of the above recipes**– Follow Dosage Drops on Bottle
 - **Nebulize Lugol's Iodine with one of the above recipes**–: Children Under 14: 1 Drop [Lugol's](#), or 1 Drop [Mary Ruth's Potassium Iodine](#) // Adults 14 & Older: 2 Drops Lugols per Nebulization
- 6- **NEBULIZE:** Your Prescription Budesonide & Prescription Alberterol (as prescribed)
- 7- **SUPPLEMENTS:** Gather all Your chosen supplements from my [Treat COVID19 At Home Protocols](#), and take them according to recommendations. Sort them into a [Pill Sorter](#) to make it easier to manage.
- VITAMIN D** – First (4) Days of Virus Dr. Brownstein Recommends Vitamin D3 50,000 Units/day-Then, 5000/day (KNOW your blood Level for Vit. D- Should be 50-70 ng/ml – If Below, as for RX Vit D, then, Supplement for optimal health! (Preferred form of Vit D, Calcitriol 0.5 MCG on Day 1, then 0.25 MCG Daily for 7 days)
- VITAMIN C** – First (4) Days of Virus Dr. Brownstein Recommends **1,000mg PER HOUR** while awake until symptoms recede or Diarrhea
- VITAMIN A** First (4) Days of Virus Dr. Brownstein Recommends **100,000 UNITS PER DAY**, then, recommended doses
- ZINC 100 mg/Day**
- B-Complex Vitamin Daily**
- Glutathione**
- PEPCID/Famotidine** – Per Recommended Doses on Bottle
- MELATONIN 10mg** at Bedtime
- ANTI-INFLAMATORIES: Curcumin/Turmeric 500mg 2x Daily, Nigella Sativa(Black Cumin Seed) 80mg/kg Daily**
- ANTI-VIRALS- Quercetin 250mg 2x/day**
- 8- **ASPIRIN 324mg** Daily as directed daily per [FLCCC Early Treatment Protocol](#) for Blood Clot Prevention -Unless contraindicated due to bleeding disorders, or history of ulcers/GI Bleeds.
- 9- **EYE DROPS:** Use either 1% Hydrogen Peroxide or 1% Povidone Iodine Recipes, and add a drop in each eye twice daily.
- 10- **EAR DROPS:** Use a capful Hydrogen Peroxide in each ear twice daily or [Mullein Garlic Ear Oil](#).& Cotton Balls
- 11- **SORE THROAT:** Salt Water Gargles, Soothing Throat Spray, Honey, Lozenges
- 12- **STOMACH & GUT: Kefir or Bifidobacterium PRO-Biotics, & PRE-Biotics**
- 13- **FEVER MANAGEMENT:** Fever is your friend. It increases interferons to help fight the disease. Let it work for you.
- Stay Well Hydrated
 - Cool Washcloths on forehead/neck
 - Peppermint Essential Oil (rub on head, temples, neck, add to washcloths for inhalation, add to bath/shower) Peppermint Oil contraindicated for use in Pregnant women, or children under 3yo – due to presence of Salicylic acid in the product
 - Tepid (Lukewarm) baths/showers – you can add, Epsom salt, essential oils like peppermint, lavender, melleluca
 - IF FEVER RISES 101-102 – CONSIDER Tylenol, but, be sure to take Glutathione Supplements with Tylenol
- 14- **NATURAL ANTIBIOTICS:**
- Grapeseed Extract:** 10 drops twice a day for Signs of Infections for 7-10 days
- Xylitol:** 1 tsp twice a day add to Juice/Food(applesauce)
- Honey:** 1/4tsp per Kilogram of body weight (convert your pounds to kilograms to calculate amount)
- 15- **HEAT:** If No Fever, take hot showers, and baths with Vapors, get in Sunshine, Stay Warm to Increase Interferons
- 16- Document your Pulse Oximeter, Temp, Pulse, Respirations and BP at least 4 times day – On Nursing Note
- 17- [Deep breathing Exercises](#), Singing, Blowing Bubbles, and use a [Spirometer](#) multiple times a day
- 18- [Lie on your stomach \(Prone\)](#) as much as possible. (1 hour per every 4 hours minimum-Target 8 hours/day)
- 19- Cough syrup and throat lozenges as needed
- 20- **PRESCRIPTIONS:**
- if you cannot get Ivermectin or HCQ, **you can choose Quercetin Daily** as ordered

AS SOON AS YOU TEST POSITIVE

You should anticipate your Doctor Prescribing ---IMMEDIATELY:

IF YOU ARE HIGH RISK, YOU NEED THESE MEDICATIONS IN YOUR HOME ASAP

- **Budesonide 0.5-1mg/2ml** respules (Initially, Twice a day, then enough for every 2-6hr as needed, if respiratory distress or low O2 Sats Begin)

[Dosage determined by disease severity, not weight- 1mg q.2hr for severe COVID19 Cases]

- **Azithromycin** 500 mg. once a day for 5 days - (OR) [Clarithromycin](#) 500mg Sig:1 Tab PO BID
- [Prednisone](#)//[Solu-Medrol](#) 1mg/kg every day (60mg for 5 days then taper) (because there is data that suggests Covid patients 'languish on Dexamethsone, It is preferred patients use Prednisone/Solu-Medrol)
- **Aspirin 325mg/day (or Low Molecular Weight Heparin)** (High Risk patients consider use of stronger anticoagulants like [Heparin](#), [Lovenox](#) and, [Xarelto](#) or [Eliquis](#) for blood thinning)

OTHER MEDICATIONS TO ALSO CONSIDER:

- [Ivermectin](#) or [Hydroxychloroquine](#)
- Ivermectin is dosed based on weight:
- Ivermectin for **Mild Early Illness (Day 1-7):** 0.4mg/kilogram PER DAY
- Ivermectin for **Moderate Illness/ Declining (Days 5-14):** 0.6mg/kilogram PER DAY

(Identify if You have [Contraindications to Ivermectin](#), or [Contraindications to HCQ](#) In order to choose which medication would be best suited for You)

- [Bronchodilators](#) like, [Levalbuterol \(preferably\)](#) or [Albuterol](#) for Nebulization for Asthma & Respiratory Patients
- [Colchicine](#) 0.6mg BID or [Fluvoxamine](#)

HIGH RISK PEOPLE

1- **MONOCLONAL ANTIBODIES:**

- IMMEDIATELY go to: www.REGENCOV.com Read about who should and should not consider using this potentially life saving product. There are contraindications.
 - DO NOT DELAY. FIND A LOCATION NEAR YOU on that website.
 - DO NOT ASSUME YOU CAN GET IT AT YOUR LOCAL HOSPITAL.
 - If You are interested in this product, you should get it As soon as you test positive, and MUST get it BEFORE DAY 7-10 of the illness. Read More about it on my HIGHLIGHT on my IG accounts.
 - If you wait until you have breathing difficulty or low oxygen saturations on your Pulse OX, they will deny you this product.
 - You can get this done at home, via Subcutaneous Injections or IV Infusion through home health. CALL [REGENCOV!](#)
 - If You have a Moral Ethical Dilemma with the use of Fetal Cell Lines being used for in the production, manufacture or testing of medical products, fetal Cell Lines are used in Monoclonal Ab.
- 2- You need to know about the [RIGHT TO TRY ACT](#). The Right to Try Act permits/allows eligible patients to have access to eligible investigational drugs. If your MD refuses to give you meds, you need to tell them they are **obligated to allow you to try Investigational Drugs** at your own risk. You may have to threaten legal action. Be prepared to lose your MD. You 'may' be able to file a lawsuit for Deprivation of medical care under the **Countermeasures Injury Compensation Program. CICP**. This program is primarily for injuries from 'countermeasures.' Cov2 Vaccines ect. Be informed. You only have 1 year to file.
- 3- **If your MD refuses to give you Budesonide, Ivermectin or any other drug you want to try, go to my list of TELEMED DOC's List, or www.MyFreeDoctor.Com or www.SynergyHealthDPC.com There may be a 48 hour turnaround on getting a phone consultation; then you have to secure your meds. Press your own MD's to do the right thing. If they still refuse, Establish an Online MD relationship ASAP with those websites!! This will assure that you have an MD who will help you. THIS IS IMPERATIVE! If you have a Pharmacy Problem, Go to my IG account, Highlight Bubble: RX**
- 4- Want to Learn more about Nebulizing Hydrogen Peroxide: at [Dr. Mercola's](#) H2O2 (Hydrogen Peroxide) homemade Nebulizer medication recipe. Also, [Dr. George Kramer MD](#) has details for how to make the recipe of H2O2 Saline. It would be best to have these supplies on hand and ready to use at the first sign of a viral infection whether it be a cold, flu, or other respiratory viral infection. Also, [Dr. Farr & Dr. Levy Info on H2O2 Nebulizing](#).
- 5- You can purchase a [Nebulizer, tubing and Nebulizing Mask](#) on Amazon if your doctor refuses to order one for you. GET ONE! Make sure to get one that plugs in – NOT a battery powered one

Check Out the "Viruses" Book by Dr. Brownstein: www.DrBrownstein.com

AS SOON AS YOU HAVE SYMPTOMS SUSPICIOUS OF COVID19:

- 1- Locate the testing center nearest you that has the most rapid test results. Need to Know where WEEKEND TESTING is also. You need to know if you have COVID19 ASAP

- 2- Start counting Day 1, at the first sign of symptoms, NOT on the day you get a positive COVID test
- 3- Practice **opening windows** in your home for Daily Fresh Air moving through your home and get outside daily for sunshine and air. COVID patients should spend as much time **outside as tolerated**
- 4- Rest and **stay hydrated** with Oral Fluids – _But, you must get up and move often
- 5- Document your Pulse Ox values and Pulse multiple times a day, using your **Pulse Oximeter** Report Oxygen levels below 95% to your physician
- 6- Once you have COVID, Plan on spending time in the **Prone Position** while awake (**lying on your stomach** for hours at a time) to keep COVID Pneumonia from progressing
- 7- Have someone use a **Vibrating Massager** on your back, while lying on your stomach, or do it to yourself (share basic RT exercises for pneumonia)
- 8- Use your **Spirometer** multiple times a day, up to 4 times minimum
- 9- **Isolate** yourself from your family –(caretakers need mask and gloves)
- 10- Perform prescribed **Breathing Treatments** near a window, or exterior door in your room
- 11- Have an **Essential Oil Diffuser** near your bed, and regularly inhale the vapors from the steam, or boil orange and lemon peels and inhale the steam.
- 12- Check your **Blood Pressure & Pulse** at least 3 times a day, document in a notebook
- 13- Use Strict Hand hygiene, trash-bag for tissues (person who changes bag, wear gloves)
- 14- People treating COVID patient at home, wear gloves and mask, wash hands often
- 15- Daily EKG -using **Kardia Mobile** (if you have cardiac history)
- 16- Put ALL **Emergency Contacts** on a Card on your Refrigerator
- 17- **Purchase 1-week Pill Organizer** for 4 times/day, AND **1 Week Pill Organizer for 2 times/day**. This will help you sort and organize your COVID10 Medications around the clock.
- 18- **Sort** ALL recommended supplements and Medications into Pill Organizers (**in advance**) so your MEDICATIONS are ready for you, when COVID Strikes.
- 19- When, your MD prescribes new meds, add them to the Pill Organizer (s)

Seek Medical Attention for following Symptoms:

- 1- Difficulty Breathing,
- 2- Persistent Pain/pressure in the chest,
- 3- Mental confusion or
- 4- inability to arouse,
- 5- Developing bluish discoloration of lips/face, (pale lips and gums needs to be reported)
- 6- Decreased urine output,
- 7- Oxygen Saturation $PcO_2 \leq 92-94\%$

Oxygen Support At Home:

- Target Pulse Oximeter (SpO₂) 94-96% or higher (88%-92% in Patients w/ COPD)

Signs of Respiratory Distress

- Report SpO₂ (Pulse Oxygen Saturation) <94
- Report Respirations ≥ 24

All COVID19+ Patients Should be Immediately set up with a Medical Supply Company for:

- 1- **Nebulizer** and Face Mask (vs. **Metered Dose Inhaler**)
- 2- Order an overnight Pulse Oximeter study within first 5 days of Positive COVID19 on all high risk patients
- 3- **Oxygen Concentrator** delivered to their homes before day 5/or upon low PaO₂ $\leq 94\%$
- 4- If the Med Supply Co. WILL NOT provide the concentrator w/o a documented overnight pulse oximetry study revealing PaO₂ < 88%, (and insurance refuses to cover it) Notify patients they can pay cash for rental of a Concentrator (~\$75/mo) Or, you can buy one of your own, from [my Amazon Store](#). Their not cheap to own, \$200-\$400 but, at least if you need it, you have it.

5-Pre-arrange Home IV Infusion Company for Hydration and Monoclonal Antibody Infusion at Home

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The_Face_of_COVID19 Instagram Page

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Here is a List of what you need to have in your COVID19 Basket Contents:

Over The Counter Items:

- 1- Cough Syrup – Guaifenesin (thins secretions)
- 2- Tylenol
- 3- Listerine and or Listerine RediTabs or [Halodine](#)
- 4- Cough Drops
- 5- [Aspirin](#) 81mg-325mg (Treat Microthromosis)
- 6- [XLear](#)
- 7- Rhinocort Nasal Spray, over the counter (OTC) or it's generic equal
- 8- Nasal Spray, (OTC -order online if needed)
- 9- Gatorade/Pedialyte and other hydration liquids

Nutritional/Homeopathic Supplements:

- 1- Vitamin C (Liposomal Preferred) 1000mg Twice a day
- 2- Vitamin A
- 3- Zinc 50mg /day
- 4- [Vitamin D](#) 1000iu-5000iu/day
- 5- Quercetin 250-500 mg/day
- 6- Menthol and/or Camphor Rub (Vicks or JR Watkins)
- 7- [Glutathione](#)
- 8- [Astragalus](#) Doses up to 60 grams daily for up to 4 months 8- [Cinnamon](#)
- 9- Acidiophilus [Pro Biotics](#) ([Two metaanalyses reported modest efficacy of probiotics in reducing the incidence and duration of respiratory tract infections of viral origin.](#))
- 10- Nutritional Supplements

NIH-[The prophylaxis and treatment potential of supplements](#) for COVID -

Essential Oils:

- | | |
|------------------|---------------|
| 1-Lavender Oil | 5-Lemon Oil |
| 2-Rosemary Oil | 6-Clove Oil |
| 3-Clarysage Oil | 7-Oregano Oil |
| 4-Peppermint Oil | |

Prescriptions to Discuss with your Physicians (AAPS Recommendations-at Home Therapy)

- 1- [Hydroxychloroquine](#)- HCQ
- 2- [Ivermectin](#)
- 3- [Apirin](#)325 mg Prescription Strength (or [Low Molecular Weight Heparin](#) or [Eliquis](#))
- 4- Inhaled [Budesonide](#) (Steroid - [Corticosteroids](#)) for Nebulization
- 5- [Bronchodilators](#) like, [Levalbuterol](#) or [Albuterol](#) for Nebulization (for Asthmatics)
- 6- Azithromycin/Clarithromycin or Doxycycline antibiotics(
- 7- Prednisone 1mg/kg for 5 days then taper -preferred (or Decadron/or Dexamethasone)
- 8- [Colchicine](#) 0.6mg BID or [Fluvoxamine](#)
- 9- Monoclonal Antibodies ([Bamlanivimab](#) (AT home IV Infusion) or [Regeneron](#))

Items to Purchase to Have in Your Home:

- 1- **Oral Thermometer** (may need one for each family member)
- 2- **Pulse Oximeter** (Amazon) Checks your Oxygen in your blood
- 3- **Spirometer** (Amazon) Helps prevent pneumonia
- 4- **Kardia Mobile EKG** (if you have pre-existing cardiac issues)

5- **Vibrating Massager** to be used on your back/chest while laying on stomach

Establish what Medical Supply Company you will use to get the following:

- 1- Oxygen Concentrator and Nasal Canula
- 2- Home based IV Infusions

Provided to you by:

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DAILY MEDICATIONS AND VITAL SIGNS

DATE:	8 AM	12 NOON	4 PM	8 PM	12 Midnight	4 AM
DAY OF COVID: _____						
Temperature						
Pulse						
Blood Pressure						
Respirations						
Pulse Ox (PaO2)						
BREATHING SUPPORT						
Spirometer	X	X	X	X	X	
!!STOP REPLICATION!! *SNORT* Replication Stopping Nasal Spray(s)	___ Rhinocort ___ 1%Povidone Iodine (or 1% H2O2 or XLEAR)	___ 1%Povidone Iodine (or 1% H2O2 or XLEAR)	___ 1%Povidone Iodine (or 1% H2O2 or XLEAR)	___ Rhinocort ___ 1%Povidone Iodine (or 1% H2O2 or XLEAR)	___ 1%Povidone Iodine (or 1% H2O2 or XLEAR)	
GARGLE Listerine or 1% POVIODINE IODINE (Or Other)	X	X	X	X	X	
NEBULIZE (every 4 hour if under 96% O2) (every 8-12 hour if above 96% O2)	___ Budesonide & Albuterol using a Nebulizer		___ Budesonide & Albuterol using a Nebulizer		___ Budesonide & Albuterol using a Nebulizer	
NEBULIZE Hydrogen Peroxide +Lugols Iodine & Zinc	Nebulize Hyrdrogen Peroxide	Nebulize Hyrdrogen Peroxide	Nebulize Hyrdrogen Peroxide	Nebulize Hyrdrogen Peroxide	Nebulize Hyrdrogen Peroxide	
Menthol/Camphor/Peppermint Oil Rub on Chest + Use Vibrating Massager on back	___ STEAM INHALATION with VAPORS	X	___ STEAM INHALATION with VAPORS	X		
Lie on Your Stomach a minimum of 1 hour every 4 Hour ++	X	X	X	X	X	X
Cough Syrup (as directed)	X	X	X	X	X	
COVID MEDICATIONS & SUPPLEMENTS						
Tylenol 500-1000mg every 6 hours as needed pain/headache						
Methylprednisolone 4mg Taper w/ Food (divide each daily dose over 3meals)	X	X	X			
Aspirin 81-324 mg every day	X					
Famatodine/Pepcid 40-80mg	X					
Quercetin 500 mg 3 times/day Or Ivermectin every day	X		X		X	
Zinc 50mg- twice a day	X		X			
Vitamin C 1000mg 2-3/day	X		X		X	
Vitamin D 2000-5000 iu/day	X					
B Complex & Folic Acid400mg	X					

MULTIVITAMIN	X					
Acidophilus/ProBiotics	X					
Glutathione 50-600mg/day	X					
<u>Melatonin</u> 3-6mg Bedtime					X	
ADDITIONAL SUPPLEMENTS AND PERSONAL MEDICATIONS						

IF THIS NURSES NOTE DOES NOT APPEAR ON ONE PAGE,
GO TO THE RESOURCE THAT IS TITLED, NURSES NOTE,
AND PRINT IT FROM THERE, SO THAT IT IS CORRECT.