

**CORONA**  
Preparedness  
**BASKET**  
Contents

PROVIDED TO YOU BY:  
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**Covid Basket Contents:**

## WHAT YOU NEED TO GATHER BEFORE YOU GET COVID

- See [my Amazon Store](#). For Anything you can't find locally or need delivered fast

### Over The Counter Items:

- Rhinocort Nasal Spray, or it's generic equal called Budesonide Nasal Spray
- **Choose A Virus Replication Stopping Nasal Spray**:, 1% Povidone Iodine, 1.5% Hydrogen Peroxide, Xlear Nasal Spray or DIY Xylitol Nasal Spray (online if needed)
- **Choose A Virus Replication Stopping GARGLE**: Listerine Gargle or Other Virus Replication Stopping Gargles, like: 1% Povidone Iodine, 1.5% Hydrogen Peroxide, Betadine Sore Throat Gargle,
- Aspirin 81mg
- Famotidine / AKA Pepcid
- 3% Food Grade Hydrogen Peroxide (but, if you only have or can afford 3% off the shelf, that's ok)
- Cough Syrup – Guaifenesin (thins secretions)
- Tylenol-fever/pain (try to avoid use, until fever goes above 101) be sure to take **Glutathione** supplements if you use Tylenol
- Cough Drops/Sore Throat lozenges/Throat Coat Tea
- Gatorade/Pedialyte other hydration liquids

### Nutritional/Homeopathic Supplements:

- 1- Vitamin C 1000mg (Liposomal Preferred) Twice a day (if you want to follow Dr. Brownsteins Protocol, you will take 1000 every hour for the first 4 days)
- 2- Vitamin A (you'll need a large dose of this for the 1<sup>st</sup> 4 days, see Dr. Brownsteins Protocol)
- 3- [Zinc](#) 50mg /day
- 4- **Silver Bullet drink** (hydrogen infused green tea with **zinc**) – available at [h2bev.com](#). Do NOT take both the zinc supplement and the Silver Bullet drink. [www.BudesonideWorks.com](#) recommends the drink over the supplement as this physician-inspired formula helps you to more easily absorb zinc which protects you against all viruses.
- 5- [Vitamin D](#) 1000iu-5000iu/day (have your MD test your Vit D levels – Should be 50-70 ng/ml if low ask for prescription Vitamin D) if you follow Dr. Brownsteins 1<sup>st</sup> 4 days of Virus protocol you will be taking 50,000/day for 1<sup>st</sup> 4 days)
- 6- Quercetin 250-500 mg/day
- 7- Menthol and/or Camphor Rub (Vicks or JR Watkins)
- 8- [Glutathione](#)
- 9- [Astragalus](#) Doses up to 60 grams daily for up to 4 months
- 10- [Cinnamon](#)
- 9- **Acidophilus** [Pro Biotics](#) , Drink Keifer Daily, you can make your own, or purchase ready made.
- 10- [Melatonin](#)
- 11- [B-Complex Vitamin](#)
- 9- [Elderberry & Zinc](#) Gummies (<15yo)
- 10- Nutritional Supplements , Drinks link Tonic water that have Quinine in it,
- 11- Menthol and/or Camphor Rub (Vicks or JR Watkins), Essential Oils: Peppermint, Eucalyptus, Methol/Camphor
- 12- Turmeric

### 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 heart issues)
- 5- **Vibrating Massager** to be used on your back/chest while laying on stomach – Respiratory Therapy
- 6- **Blood Pressure/Pulse Machine**
- 7- **An Essential Oil Diffuser**

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

- 1- Oxygen Concentrator and Nasal Canula (see my amazon store if you want to purchase your own)
- 2- Home based IV Infusions – Their may be Functional Docs in your area offering **High Dose Vit C IV**

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Provided to you by:

The\_Face\_of\_COVID19 Instagram Page [TheFaceofCOVID19@gmail.com](mailto:TheFaceofCOVID19@gmail.com)

**Here Is the Same List of Items to get Together, but, in Chart Form, for Replication**

## THE COVID19 BASKET CONTENTS

Over The Counter Items:	Nutritional/Homeopathic Supplements:
Rhinocort Nasal Spray, or it's generic equal Xlear Nasal Spray, (online if needed) Listerine Gargles and/or Listerine RediTabs Aspirin 81mg Famotodine Food Grade Hydrogen Peroxide Cough Syrup – Guaifenesin (thins secretions) Tylenol-fever/pain (try to avoid use, until fever goes above 101) Cough Drops Gatorade/Pedialyte other hydration liquids 10% POVIDINE IODINE <b>3% Food Grade Hydrogen Peroxide</b>	Vitamin C (Liposomal Preferred) Vitamin A <a href="#">Zinc</a> <a href="#">Vitamin D</a> (Get Tested! Should be 50-70 ng/ml ) Quercetin Glutathione Acidophilus/ Pro Biotics <a href="#">Melatonin</a> <a href="#">B-Complex Vitamin</a> Nutritional Supplements Menthol and/or Camphor Rub (Vicks or JR Watkins) Turmeric Astragalus Cinnamon <a href="#">Elderberry &amp; Zinc</a> Gummies (<15yo )
Items to Purchase to Have in Your Home:	Establish what Medical Supply Company you will use to get the following:
<b>Oral Thermometer</b> <b>Pulse Oximeter</b> (Amazon) Checks your Oxygen in your blood <b>Spirometer</b> (Amazon) Helps detect silent Hypoxia <b>Kardia Mobile EKG</b> (if you have pre-existing cardiac issues) <b>Vibrating Massager</b> to be used on your back/chest while laying on stomach <b>Blood Pressure/Pulse Machine</b> <b>An Essential Oil Diffuser</b> 1-Lavender Oil 2-Rosemary Oil 3-Clarysage Oil 4-Peppermint Oil 5-Lemon Oil 6-Clove Oil 7-Oregano Oil	Oxygen Concentrator  Nasal Canula/Face Mask  Home based IV Infusion  <p style="text-align: center;"><b>Prescriptions To Consider Requesting:</b></p> 1-Budesonide (steroid) Inhaler for Nebulization 2-Levalbuterol or Albuterol 3-HydroxyCholoraquine and/or <a href="#">Ivermectin</a> 4- Prednisone Preferred (or) Decadron/Dexamethazone/ 5- <a href="#">Fluvoxamine</a>
Prescriptions to Discuss with your Physicians (AAPS Recommendations-at Home Therapy)	
Inhaled <a href="#">Budesonide</a> (Steroid - <a href="#">Corticosteroids</a> ) for Nebulization <a href="#">Ivermectin</a> or <a href="#">Hydroxychloroquine</a> - HCQ <a href="#">Apirin</a> 325 mg Prescription Strength (or) <a href="#">Low Molecular                      Weight Heparin</a> or <a href="#">Eliquis</a> Prednisone 1mg/kg for 5 days then taper preferred (or Decadron/or Dexamethasone) Azithromycin/Clarithromycin or Doxycycline antibiotics	<a href="#">Bronchodilators</a> like, <a href="#">Levalbuterol or Albuterol</a> for Nebulization (for Asthmatics) Clarithromycin / Azithromycin or Doxycycline antibiotics <a href="#">Colchicine</a> 0.6mg BID or <a href="#">Fluvoxamine</a> 50mg QD or BID Monoclonal Antibodies ( <a href="#">Bamlanivimab</a> (AT home IV Infusion) or <a href="#">Regeneron</a> )