

Prophylaxis and Early Outpatient Protocol

INSTRUCTIONS



1. WEAR MASKS

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

Must wear a N95 mask (without valve) during pro-longed exposure to non-household persons in any confined, poorly ventilated area.



2. KEEP DISTANCE

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



3. WASH HANDS

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



Vitamin D3

3,000 to 5,000 IU's daily
(recommend getting blood levels checked – optimal functional range is 60 to 90 ng/ml)



Buffered C

2 caps daily



Quercetin Plus

¼ tsp daily



Zinc Plus

2 caps daily



Melatonin

3mg to 6mg as tolerated
@ bedtime