Zelenko Covid-19 Prophylaxis Protocol

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Prophylaxis is an action taken to prevent or protect against a specified disease. Greek in origin, from the word "phylax", meaning "to guard" and "watching."

Low Risk Patients

Young healthy people do not need prophylaxis against Covid 19. In young and healthy people, this infection causes mild cold-like symptoms. It is advantageous for these patients to be exposed to Covid-19, build up their antibodies and have their immune system clear the virus. This will facilitate the development of herd immunity and help prevent future Covid-19 pandemics. However, if these patients desire prophylaxis against Covid-19, then they should take the protocol noted below.

Moderate Risk Patients

Patients from this category are healthy but have high potential viral-load exposure. This group includes medical personnel, caregivers of high-risk patients, people who use public transportation, first responders and other essential personnel who are crucial to the continued functioning of society. These patients should be encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

High Risk Patients

Patients are considered high risk if they are over the age of 60, or if they are younger than 60 but they have comorbidities, that is, they have other health conditions that put them at risk. These patients have between a 5 to 10% mortality rate if they are infected with Covid-19. These patients should be strongly encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

Protocol for Low and Moderate Risk Patients:

Elemental Zinc 25mg 1 time a day[1]
Vitamin C 1000mg 1 time a day[2]
Quercetin 500mg 1 time a day
If Quercetin is unavailable, then use Epigallocatechin-gallate (EGCG) 400mg 1 time a day[3]

Protocol for High Risk Patients:

Elemental Zinc 25mg once a day
Hydroxychloroquine (HCQ[4]) 200mg 1 time a day for 5 days, then 1 time a week
If HCQ is unavailable, then use the Protocol for Low and Moderate Risk Patients.

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[1] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/
[2] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/
[3] https://pubs.acs.org/doi/10.1021/jf5014633
[4] https://www.preprints.org/manuscript/202007.0025/v1