

I-MASK+

PROPHYLAXIS & EARLY OUTPATIENT TREATMENT PROTOCOL FOR COVID-19

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PROPHYLAXIS PROTOCOL

- Ivermectin** *Prophylaxis for high risk individuals*
0.2 mg/kg* – one dose on day 1 and day 3, then take one dose weekly for 10 weeks, followed by one dose every 2 weeks**
- Post COVID-19 exposure prophylaxis****
0.2 mg/kg* – one dose on day 1 and day 3
- Vitamin D3** 1,000–3,000 IU/day
- Vitamin C** 1,000 mg twice a day
- Quercetin** 250 mg/day
- Zinc** 50 mg/day
- Melatonin** 6 mg before bedtime (causes drowsiness)

EARLY OUTPATIENT PROTOCOL****

- Ivermectin** 0.2 mg/kg* – one dose on day 1 and day 3
- Vitamin D3** 4,000 IU/day
- Vitamin C** 2,000 mg 2–3 times daily
- Quercetin** 250 mg twice a day
- Zinc** 100 mg/day
- Melatonin** 10 mg before bedtime (causes drowsiness)
- Aspirin** 325 mg/day (unless contraindicated)

* ≈ 0.09 mg/lb per dose (take on an empty stomach with water). Example for a person of 60 kg (body weight): 60 kg × 0.2 mg = 12 mg – please see conversion table (kg→lbs) on page 2 to calculate the appropriate ivermectin dose.

** This dosing may be updated as further scientific studies emerge.

*** To use if a household member is COVID-19 positive, or you have prolonged exposure to a COVID-19 positive patient without wearing a mask

**** For late phase – hospitalized patients – see the FLCCC’s **MATH+ Hospital Treatment Protocol for COVID-19** on www.flccc.net

Please regard our **disclaimer** and further information on page 2 of this document.

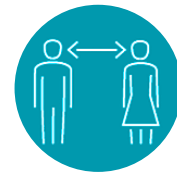
Behavioral Prophylaxis



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 prolonged exposure to non-household persons in any confined, poorly ventilated area.



KEEP DISTANCE

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



WASH HANDS

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

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IVERMECTIN

Body weight conversion (kg/lb) for ivermectin dose in prophylaxis and treatment of COVID-19

Body weight		Dose	
Conversion (1kg ≈ 2.2 lbs) (doses calculated per upper end of weight range)		0.2 mg/kg ≈ 0.09 mg/lb (Each tablet = 3 mg; doses rounded to nearest half tablet above)	
70–90 lb	32–40 kg	8 mg	(3 tablets=9 mg)
91–110 lb	41–50 kg	10 mg	(3.5 tablets)
111–130 lb	51–59 kg	12 mg	(4 tablets)
131–150 lb	60–68 kg	13.5 mg	(4.5 tablets)
151–170 lb	69–77 kg	15 mg	(5 tablets)
171–190 lb	78–86 kg	16 mg	(5.5 tablets)
191–210 lb	87–95 kg	18 mg	(6 tablets)
211–230 lb	96–104 kg	20 mg	(7 tablets=21 mg)
231–250 lb	105–113 kg	22 mg	(7.5 tablets=22.5 mg)
251–270 lb	114–122 kg	24 mg	(8 tablets)
271–290 lb	123–131 kg	26 mg	(9 tablets=27 mg)
291–310 lb	132–140 kg	28 mg	(9.5 tablets=28.5 mg)

DISCLAIMER

The I-Mask+ Prophylaxis & Early Outpatient Treatment Protocol for COVID-19 and the MATH+ Hospital Treatment Protocol for COVID-19 are solely for educational purposes regarding potentially beneficial therapies for COVID-19. Never disregard professional medical advice because of something you have read on our website and releases. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any patient. Treatment for an individual patient should rely on the judgement of your physician or other qualified health provider. Always seek their advice with any questions you may have regarding your health or medical condition.

A summary of the published data supporting the rationale for Ivermectin use in our I-MASK+ protocol can be downloaded from www.flccc.net/i-mask-prophylaxis-treatment-protocol/

For updates, references, and information on the **FLCCC Alliance**, the **I-Mask+ Prophylaxis & Early Outpatient Treatment Protocol for COVID-19** and the **MATH+ Hospital Treatment Protocol for COVID-19**, please visit our website.