

# I-MASK+

## PROPHYLAXIS & EARLY OUTPATIENT TREATMENT PROTOCOL FOR COVID-19

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### PROPHYLAXIS PROTOCOL

- Ivermectin** *Prophylaxis for high risk individuals*  
0.15–0.2 mg/kg\* once weekly  
  
*Post COVID-19 exposure prophylaxis\*\**  
0.2 mg/kg\* on day 1 and day 3
- Vitamin D3** 1,000–3,000 IU/day
- Vitamin C** 1,000 mg twice daily + **Quercetin** 250 mg/day
- Melatonin** 6 mg before bedtime (causes drowsiness)
- Zinc** 50 mg/day
- Aspirin** 80–100 mg/day (unless contraindicated)

### EARLY OUTPATIENT PROTOCOL\*\*\*

- Ivermectin** 0.2 mg/kg\* daily for two days
- Vitamin D3** 4,000 IU/day
- Vitamin C** 2,000 mg 2–3 times daily + **Quercetin** 250 mg twice a day
- Melatonin** 10 mg before bedtime
- Zinc** 100 mg/day
- Aspirin** 325 mg/day (unless contraindicated)

\* Example for a person of 60 kg (body weight):  $60 \text{ kg} \times 0.15 \text{ mg} = 9 \text{ mg}$  (1 kg = 2.2 lbs)  
– please see table on page 2 to calculate the appropriate ivermectin dose (lbs/kg)!

\*\* 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 hospitalized patients, see our **MATH+ Hospital Treatment Protocol for COVID-19** protocol on [www.flccc.net](http://www.flccc.net)

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

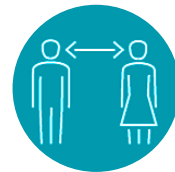
### Behavioural Prophylaxis



#### 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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## PROPHYLAXIS & EARLY OUTPATIENT TREATMENT PROTOCOL FOR COVID-19

### IVERMECTIN – Suggested dose by body weight for prophylaxis and treatment of COVID-19

Body weight (doses calculated per upper end of weight range)		Prophylaxis dose* (0.15 mg/kg) Weekly (Each tablet = 3 mg; doses rounded to nearest half tablet above)	Treatment dose* (0.2 mg/kg) Take two doses, day 1 and day 3 (Each tablet = 3 mg; doses rounded to nearest half tablet above)
70–90 lb	32–40 kg	6 mg (2 tablets)	8 mg (3 tablets=9 mg)
91–110 lb	41–50 kg	7.5 mg (2.5 tablets)	10 mg (3.5 tablets)
111–130 lb	51–59 kg	9 mg (3 tablets)	12 mg (4 tablets)
131–150 lb	60–68 kg	10 mg (3.5 tablets)	13.5 mg (4.5 tablets)
151–170 lb	69–77 kg	11.5 mg (4 tablets)	15 mg (5 tablets)
171–190 lb	78–86 kg	13 mg (4.5 tablets)	16 mg (5.5 tablets)
191–210 lb	87–95 kg	14.3 mg (5 tablets)	18 mg (6 tablets)
211–230 lb	96–104 kg	15 mg (5 tablets)	20 mg (7 tablets=21 mg)
231–250 lb	105–113 kg	17 mg (5.5 tablets)	22 mg (7.5 tablets=22.5 mg)
251–270 lb	114–122 kg	18 mg (6 tablets)	24 mg (8 tablets)
271–290 lb	123–131 kg	19.7 mg (6.5 tablets)	26 mg (9 tablets =27 mg)
291–310 lb	132–140 kg	21.1 mg (7 tablets)	28 mg (9.5 tablets=28.5 mg)

\* “Post-Covid-19 exposure prophylaxis” dose = 0.2mg/kg on day 1 and day 3 (i.e. for persons with a household member that tests positive for COVID-19 or after they have had prolonged indoor exposure to a COVID-19 patient without a mask)

#### 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/flccc-ivermectin-summary](http://www.flccc.net/flccc-ivermectin-summary)

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.