



*Dr. Syed Haider's*

# COVID Care

Over-the-Counter  
Prevention & Treatment

## When it comes to your health, it's best to **be prepared.**



Preparation takes time. It means gathering knowledge and supplies and getting yourself ready for the foe by: getting into shape, getting out of bad habits, and getting into good ones.

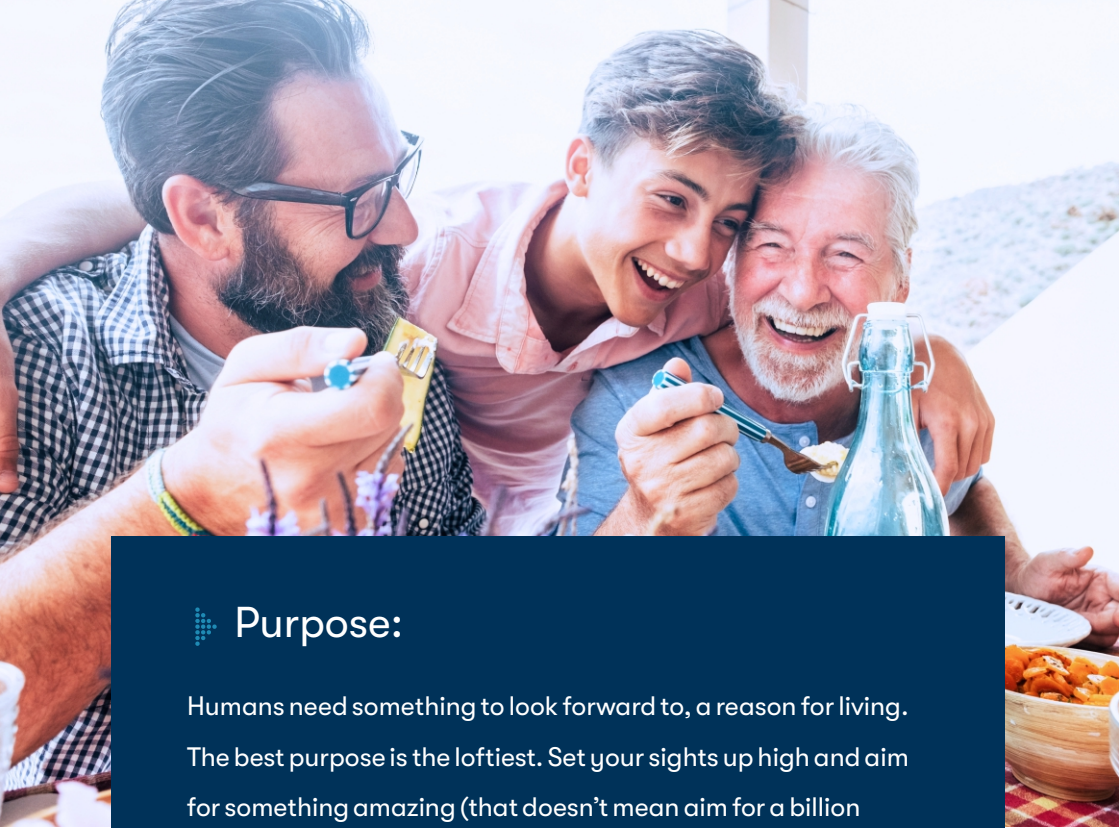
In this brief guide, we'll cover what to do and take for prevention and treatment of both Acute and Long COVID.

### PREVENTION & EARLY TREATMENT

Even without prescription medications, there are a lot of over-the-counter remedies that may help you prevent and treat COVID-19. But before supplements and remedies, the most important science-backed fundamentals for a strong immune system are:

- a. to have purpose
- b. maintain a healthy weight
- c. maintain close social relationships
- d. get out into the fresh air and sun
- e. eat an anti-inflammatory, whole foods diet and
- f. get regular exercise

Healthy lifestyle is a big topic, but we can touch on some of the most important points.



## Purpose:

Humans need something to look forward to, a reason for living. The best purpose is the loftiest. Set your sights up high and aim for something amazing (that doesn't mean aim for a billion dollars instead of a million). Like Robert Browning said:

***"Ah, but a man's reach should exceed his grasp,  
Or what's a heaven for?"***

Maslow's Hierarchy of Needs begins with the basics at the bottom: physical safety, comfort, etc and progresses up into the higher realms of our being - the mental and spiritual planes.



## FOOD

Most people will do best if they avoid refined carbohydrates and processed foods, limit or remove whole grains if overweight or have high blood sugar or are intolerant to them, avoid added sugars, especially in drinks, avoid vegetable oils, except olive oil, and eat fatty fish like salmon or sardines - at least 1 pound a week. Eat liver at least once a week for Vitamin D, A, Zinc and B vitamins and have non starchy vegetables daily - at least half your plate or a full plate for one meal.

Eat starchy vegetables and other carbs adding up to about 25-35% of calories, and eat fermented foods like sauerkraut - at least 2 tablespoons daily, plus  $\frac{1}{4}$  cup of kefir daily if not allergic to dairy.



## SLEEP

Stop eating at least 3 hours before bedtime and sleep at the same time each night for 7-9 hours, or as much as needed to wake without an alarm feeling refreshed. Take a short nap in the afternoon at the same time daily.



## EXERCISE

Exercise moderately and frequently. It's better to do something you enjoy regularly than to try to force yourself and not follow through, but in general most people would benefit from some form of resistance training and plenty of walking: take walks daily in nature, and walk a minimum of 10,000 steps a day.



## STRESS

Being relaxed and easygoing can make up for a lot and is most often the key ingredient missing for true health in our Type A culture.

Reduce stress with mindfulness exercises or deep breathing, Qigong (see books by Wong Kiew Kit and Stephen Chang), yoga, Tai Chi, etc. Spend quality time daily with family and friends without technology.

Help someone every day. Give some money in charity regularly, even if just a little.

## Supplements: PREVENTION



For daily prevention  
take these:

\*Vitamin D3 3000 IU/day  
\*\*Zinc 15mg 4 times a day  
Vitamin C 500mg twice a day  
Quercetin 250mg/day



In high risk situations  
you can add these  
as needed:

Chlorhexidine mouthwash gargles  
AND Betadine nasal spray 3 times  
a day  
Steamed essential oil inhalation  
3 times a day, like VapoRub

## ACUTE COVID

If you get sick:



Check oxygen level 4 times a day. Report if levels are dropping, and if below 94% you may need to start steroids. If below 90%, you should be seen in person by a doctor.



Check blood pressure and heart rate twice a day. BP below 90/50 is concerning and should be seen by a doctor.



Avoid exercise, alcohol, red meat and fast carbs completely for 30 days from the start of symptoms, as the body is still inflamed and these will both prevent full healing and can trigger Long COVID symptoms.



For daily prevention  
take these:

\*Vitamin D3 15,000 IU/day  
\*\*Zinc 15mg 4 times a day  
Vitamin C 500mg twice a day  
Quercetin 250mg/day



Take the higher doses  
of preventative  
supplements above  
and add these  
in addition:

Niacin 100mg daily for 14 days, then  
continue until resolved

NAC 600mg daily for 14 days, then  
continue until resolved

Aspirin 325 mg daily for at least 14  
days or until feeling back to normal

Zyrtec or Claritin standard dose  
1-3 times daily for 14 days

Pepcid 20 mg twice a day for 14 days

Melatonin: 6-10 mg per night before  
bed for 14 days (take higher dose for  
sleep if needed; melatonin is at  
bedtime, 2 hours after eating)

Chlorhexidine mouthwash gargles  
AND Betadine nasal spray 3 times  
a day.

Steamed essential oil inhalation  
3 times a day, like VapoRub

\*D3 will take 2 weeks to become activated in the body. It is important your D3 levels are normal before you get infected.

Unless you know you have normal D levels or you have been taking at least 3000 IU of D3 daily for at least 3 months, assume you may be low and take a one time dose of 100,000 IU D3 right away, then start on 3-5k IU per day. Also important for general health is to combine K2 with vitamin D.



\*\*If you get sick, I would switch to this if you can get it: Life Extension Enhanced Zinc Acetate lozenges. Upon the first sign of COVID or a cold (such as a sneeze, cough, fever, runny nose, scratchy throat, etc), keep lozenge in your mouth all day long; when one dissolves, replace it with another (dissolves in about 1-2 hours). Continue for **48-72 hours**, stopping sooner if symptoms resolve.



# Nebulized Remedies

If having cough, shortness of breath or wheezing then consider nebulized hydrogen peroxide and iodine, **if you can be sure to get the right dilutions.** Start off slowly.



One to two drops of Lugol's iodine, 5% in 3ml of normal saline and nebulize the mixture for 15 minutes, 3-4 times a day.

**Hydrogen peroxide is often sold as 30% – this will damage the lungs and upper airways.** You need to get the 3% hydrogen peroxide or dilute the 30%. If you have 30% then add 9 parts water to 1 part hydrogen peroxide to create a 3% mixture of hydrogen peroxide.



Take 3ml of that 3% hydrogen peroxide and add to 250 ml of normal saline - this you can buy from a pharmacy.

Then take 3ml of the saline-diluted mixture and use that in the nebulizer: 15 minutes, 3-4 times a day.

# LONG COVID

Even if you do everything right, you may end up with persistent symptoms. Not to worry, this is common with any viral infection, not just COVID-19 and usually wears off gradually over time, but you can also help it along with supplements and by following the general lifestyle recommendations above (with some exceptions noted below), and also some specific to Long COVID.



It's important to note that Long COVID treatment is often very finicky and specific to each individual, so take everything below as a suggestion and something to try on an experimental basis.

See how you feel: keep what helps and drop what doesn't. However, to complicate matters further, in some cases you may feel worse for a few days and then start to notice the benefits of an intervention later. So, in general, give each suggestion at least a week before deciding it doesn't work for you, unless you have a really bad reaction.

## **Suggested Protocol:**

First grade your symptoms on a scale of 1-10 severity before starting and every 2-7 days on the protocol, especially after any change to the protocol.

**Diet:****Low histamine diet**

You can also consider the autophagy diet protocol by Tom Bunker, PhD which has helped many long haulers:

Water fasting for 48 hours in a row on Sat and Sun and intermittent fasting with a clean, low glycemic index, low grain diet during the week, eating only within an 8 hour window Mon - Fri.

**Activity:**

No exercise (especially anything that elevates the heart rate above 100) until fully resolved.

**Supplements:**

NAC (acetylcysteine) 600mg daily

\*Vitamin C — 1500mg daily

Vitamin D3 — 3000IU daily

Zinc — 15mg daily

Selenium — 100mcg daily

Quercetin — 500mg daily

Omega 3 Fatty acids 4 grams/day (DHA/EPA)

Life Extension Autophagy Renew x 2 weeks

Life Extension Cytokine Suppress x 2-4 weeks

**You can experiment with:**

Niacin — start at 50-250mg every night with meals for 4 days then titrate up as tolerated until fatigue is resolved: every 4 days increase by 50-250mg until you reach 2000mg a day, remain there for 2 months then increase by 250mg daily every 2 weeks until you reach 3000mg a day.

Can cause flushing, which gets better over time, and taking aspirin 30 minutes before niacin can help with that.

If you feel worse with niacin you may need to also supplement with methylcobalamin 500-100mcg daily and methylfolate 15-30mg daily.

**Over-the-counter meds:**



Aspirin twice a day for 1 day (if less than 200lb, use 162 mg aspirin; if over 200lb, use 325 mg aspirin), and then continue taking aspirin and also add:

**Histamine H1 blocker:** Claritin 10 mg 2 times a day (or any other over-the-counter antihistamine you prefer at max dose).

**Histamine H2 blocker:** Pepcid 20 mg twice a day.

\*You can experiment with these two, especially if you have allergy symptoms (if already using something in the same class, continue using your own).



## PERSPECTIVE

It's important to maintain perspective. COVID-19 can become a consuming obsession, but we all have to keep our focus on why we're doing this:

**To live a happy, healthy life. And that means finding balance.**

Learn what you need to, do what you have to and then let go and relax.

# Questions?

**DrSyedHaider.com**

Our support staff are available via chat on the website – and once you register, you can ask our medical team all your COVID-19 questions free of charge. You'll only pay a consultation fee if you request a Rx, and unlike other telehealth services, we're always available for follow-up questions.

Addressing the cornerstones of wellness mentioned in this e-book can revolutionize your health. But not everyone can change all of their habits at once.

I also prescribe off-label medications to prevent and treat COVID-19. I recommend everyone have them in their medicine cabinet just in case.

At your service,

**Syed Haider, MD**

Other avenues of communication:

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