**PROPHYLAXIS PROTOCOL**

**Ivermectin**  
*Prophylaxis for high risk individuals*  
0.2 mg/kg per dose* — one dose today, 2nd dose in 48 hours, then one dose every 2 weeks**

*Post COVID-19 exposure prophylaxis***  
0.2 mg/kg per dose* — one dose today, 2nd dose in 48 hours

**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)

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**EARLY OUTPATIENT PROTOCOL****

**Ivermectin**  
0.2 mg/kg per dose* — one dose daily, minimum of 2 days, continue daily until recovered (max 5 days)**

**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)

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* ≈ 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.

** The 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

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

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**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.

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**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.

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**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.
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.

www.flccc.net