

It is the authors opinion, that based on the totality of these data, the use of ivermectin as a prophylactic and early treatment option should receive an A-I level recommendation by the NIH in support of use by the nation's health care providers. When, or if, such a recommendation is issued, the Front Line COVID-19 Critical Care Alliance has developed a prophylaxis and early treatment protocol for COVID-19 (I-MASK+), centered around ivermectin combined with masking, social distancing, hand hygiene, Vitamin D, Vitamin C, quercetin, melatonin, and zinc, with all components known for either their anti-viral, anti-inflammatory, or preventive actions (Table 4). The I-MASK+ protocol suggests treatment approaches for prophylaxis of high-risk patients, post-exposure prophylaxis of household members with COVID-19, and an early treatment approach for patients ill with COVID-19.

Table 4. I-MASK+ Prophylaxis & Early Outpatient Treatment Protocol for COVID-19

Prophylaxis Protocol	
MEDICATION	RECOMMENDED DOSING
Ivermectin	<i>Prophylaxis for high-risk individuals:</i> 0.2 mg/kg per dose* — one dose today, 2 nd dose in 48 hours, then one dose every 2 weeks <i>Post COVID-19 exposure prophylaxis***: 0.2 mg/kg per dose, one dose today, 2nd dose in 48 hours</i>
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 of elemental zinc
Early Outpatient Treatment Protocol****	
MEDICATION	RECOMMENDED DOSING
Ivermectin	0.2 mg/kg per dose – one dose daily for 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 and Quercetin 250 mg twice a day
Melatonin	10 mg before bedtime (causes drowsiness)
Zinc	100 mg/day elemental zinc
Aspirin	325 mg/day (unless contraindicated)

* Example for a person of 60 kg body weight: $60 \text{ kg} \times 0.2 \text{ mg} = 12 \text{ mg}$ (1 kg = 2.2 lbs) = 4 tablets (3mg/tablet). To convert pounds, divide weight in pounds by 11: example for a person of 165 pounds: $165 \div 11 = 15 \text{ mg}$

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

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

**** For late phase – hospitalized patients – see the FLCCC's "MATH+" protocol on www.flccc.net