Daily Nurses Notes

Medication Management

(Print 7 copies/Family Member)

PROVIDED TO YOU BY:
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DAILY MEDICATIONS AND VITAL SIGNS

D. A. EDE			AND VITAL		40.541.1.1.			
DATE:	8 AM	12 NOON	4 PM	8 PM	12 Midnight	4 AM		
DAY OF COVID:								
Temperature								
Pulse								
Blood Pressure								
Respirations								
Pulse Ox (PaO2)	Pulse Ox (PaO2)							
	BREATHING SUPPORT							
Spirometer	X	X	X	Х	Χ			
!!STOP REPLICATION!!	Rhinocort	1%Povidone	1%Povidone	Rhinocort	1%Povidone			
SNORT	1%Povidone lodine (or 1% H202 or	lodine (or 1% H202 or XLEAR)	lodine (or 1% H202 or XLEAR)	1%Povidone lodine (or 1% H202 or	lodine (or 1% H202 or XLEAR)			
Replication Stopping Nasal Spray(s)	XLEAR)			XLEAR)				
GARGLE	X	X	Х	Х	X			
Listerine or 1% POVIODINE IODINE (Or Other) *NEBULIZE*	Budesonide &	Budesonide &	Budesonide &	Budesonide &	Budesonide &			
(every 4 hour if under 96% 02)	Albuterol using a	Albuterol using	Budesonide &Albuterol using a	Albuterol using a	Albuterol using a			
((every 12 hour if above 96% O2)	Nebulizer	a Nebulizer	Nebulizer	Nebulizer	Nebulizer			
NEBULIZE Hydrogen Peroxide	Nebulize Hyrdrogen Peroxide							
+Lugols Iodine & Zinc				5 6 11 5 11				
Menthol/Camphor/Peppermint Oil Rub on Chest + Use	STEAM INHALATION with VAPORS	X	STEAM INHALATION with VAPORS	Epsom Salt Bath with Vapors or				
Vibrating Massager on back				Shower w/Vapors				
Lie on Your Stomach	Х	Х	Х	Х	Х	Х		
a minimum of 1 hour every 4 Hour ++	^					,,		
Cough Syrup (as directed)	X	X	X	Х	X			
	COVID MEDICATIONS & SUPPLEMENTS							
Tylenol 500-1000mg every 6 hours								
as needed pain/headache Methylprednisolone 4mg Taper	Х	X	X					
w/ Food (divide each daily dose over 3meals)			^					
Aspirin 81-324 mg every day	X							
Famatodine/Pepcid 40-80mg	X							
Quercetin 500 mg 3 times/day	Х		Х		Х			
Or Ivermectin every day	.,		X					
Zinc 50mg- twice a day	X				.,			
Vitamin C 1000mg 2-3/day	Х		Х		Х			
Vitamin D 2000-5000 iu/day	Х							
B Complex & Folic Acid400mg	X							
MULTIVITAMIN	Х							
Acidophilus/ProBiotics	Х							
Glutathione 50-600mg/day	X							
Melatonin 3-6mg Bedtime					Х			
	ADDITIONAL SUPPLEMENTS AND PERSONAL MEDICATIONS							

TO DO LIST:

- 1. Print 7 Copies, One Per Day, for a full week of COVID management.
- 2. Put your 7 copies on a clipboard
- 3. Do this for every family member of your household.
- 4. Now you have your own personal nurse, right beside you all the way.
- 5. This Chart DOES NOT include Dr. Brownsteins 1st 4 Days of High Vitamin Protocols of Vit A, C & D.
- 6. You will need to write in those dose levels for the 1st 4 days, if you want to follow Dr. Brownsteins Virus Protocol for increased vitamins on Days 1-4.
- 7. If you have not already secured Prescriptions Needed for Treating C0V1D at home, DO SO NOW! When Speaking With TeleMed Docs or Your Own Primary Care Doc Consider Requesting the following Meds:
- -Budesonide 0.5-1mg/2ml respules (enough for every 4hr As Needed then Twice a Day- 1 Week Supply)
- Azithromycin 500 mg. once a day for 5 days
 - (OR) Clarithromycin 500mg Sig:1 Tab PO BID
- -Prednisone/Solu-Medrol/ Methylprednisolone (NOT DEXAMETHASONE)
- -Aspirin 325mg/day (or Low Molecular Weight Heparin) See if they are contraindicated
- -<u>Ivermectin</u> **0.2mg-0.4mg/kg RX Written according to the FLCCC Recommendations** continue daily until you are recovered, (max 5 days)

CONTACT A Local Medical Supply Company (which can be reached even on weekends) for the following:

Oxygen Concentrator - Standing Order for it to be delivered to your home upon, if/when report low PaO2 Pulse OX post Positive COVID19 Test <94%

- Or, you can buy one of your own, from my Amazon Store. Their not cheap to own, \$200-\$400 but, at least if you need it, you have it.
- You can pay cash for rental of a Concentrator (~\$75/mo) *** Do not delay delivery over insurance ***
- Establish a Home IV Infusion Company to get **Hydration**
- (or) **IVIG Gammaglobulin** Infusion w/I the first 5 days of COVID19
- If you have a High Risk Profile, Immediately go to the <u>Regneron</u> Website https://www.regencov.com/ and discover where you can received the infusion near you. Also, there is a Subcutaneous Injection Option that can be given AT YOUR HOME.
- I believe the Monoclonal Antibody Treatment (BAMLANIVIMAB by Eli Lily is no longer available.
- (Medicare/Medicaid/all insurances cover Bamlanivimab) Anyone can get BAMLANIVIMAB ADMINISTERED (through IV) AT HOME.)
- Call Corum for Bamlanivimab at 866-799-5830
- If you think IVIG -GammaGlobulin would be a better option for me, for Early Treatment of COVID19 then, Convalescent Plasma or Monoclonal Antibody infusion, Please look into Trials using IVIG to treat COVID19 to see if I can qualify: I only know of these Two Trials: (1) (2).

Be Sure to Check my Amazon Store. If you are missing anyting you need, and cannot get it locally.

Wishing you a Positive Outcome.