

# I-MASK+

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

Page 1/2

### 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)

### 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)

\* ≈ 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](http://www.flccc.net)

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

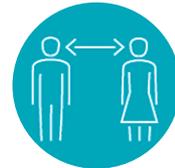
### Behavioral Prophylaxis



#### 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.

# I-MASK+

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

### IVERMECTIN

#### Summary of the Clinical Trials Evidence for Ivermectin in COVID-19

Ivermectin, an anti-parasitic medicine whose discovery won the Nobel Prize in 2015, has proven, highly potent, anti-viral and anti-inflammatory properties in laboratory studies. In the past 4 months, numerous, controlled clinical trials from multiple centers and countries worldwide are reporting consistent, large improvements in COVID-19 patient outcomes when treated with ivermectin.

Our comprehensive scientific review of these referenced trials on ivermectin can be found on [www.flccc.net/flccc-ivermectin-in-the-prophylaxis-and-treatment-of-covid-19/](http://www.flccc.net/flccc-ivermectin-in-the-prophylaxis-and-treatment-of-covid-19/).

For a quick overview, a **One-page Summary** of our review on ivermectin can be found on [www.flccc.net/one-page-summary-of-the-clinical-trials-evidence-for-ivermectin-in-covid-19/](http://www.flccc.net/one-page-summary-of-the-clinical-trials-evidence-for-ivermectin-in-covid-19/)

#### Body weight conversion (kg/lb) for ivermectin dose in prophylaxis and treatment of COVID-19

| Body weight<br>Conversion (1kg ≈ 2.2 lbs)<br>(doses calculated per<br>upper end of weight range) |            | Dose<br>0.2 mg/kg ≈ 0.09 mg/lb<br>(Each tablet = 3 mg; doses rounded<br>to nearest half tablet above) |                       |
|--|------------|---|-----------------------|
| 70-90 lb   | 32-40 kg   | 8 mg  | (3 tablets=9 mg)      |
| 91-110 lb  | 41-50 kg   | 10 mg   | (3.5 tablets)         |
| 111-130 lb   | 51-59 kg   | 12 mg   | (4 tablets)           |
| 131-150 lb   | 60-68 kg   | 13.5 mg   | (4.5 tablets)         |
| 151-170 lb   | 69-77 kg   | 15 mg   | (5 tablets)           |
| 171-190 lb   | 78-86 kg   | 16 mg   | (5.5 tablets)         |
| 191-210 lb   | 87-95 kg   | 18 mg   | (6 tablets)           |
| 211-230 lb   | 96-104 kg  | 20 mg   | (7 tablets=21 mg)     |
| 231-250 lb   | 105-113 kg | 22 mg   | (7.5 tablets=22.5 mg) |
| 251-270 lb   | 114-122 kg | 24 mg   | (8 tablets)           |
| 271-290 lb   | 123-131 kg | 26 mg   | (9 tablets=27 mg)     |
| 291-310 lb   | 132-140 kg | 28 mg   | (9.5 tablets=28.5 mg) |

#### 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/i-mask-prophylaxis-treatment-protocol/](http://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.