

POCKET GUIDE

Novel Prophylactic &
Therapeutic Treatment
Protocol for Covid-19

PAAIS COVID-19 GUIDELINES

Pakistan Allergy Ashma &
Immunology Society



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COVID-19 Prophylaxis

- Hydroxychloroquine 200/400 mg on the same day every week for about 3 months. (HYDROXYCHLOROQUINE IS MORE EFFECTIVE & LESS TOXIC THAN CHLOROQUINE).
- Some recommend 200mg weekly or 200mg every 3 weeks based on the half-life of Hydroxychloroquine, which is 24 days, maximum concentration in about 3 hours. It takes 4 half-lives for the drug to be eliminated from the body. So, therefore, to have the maximal viricidal property a higher dose of 400mg weekly would be a better option as shown in FIG 1.
- General Prophylactic protocol:
After extensive research Immuno-Nutrition experts of PAAIS recommends following Prophylactic protocol for prevention of Corona Virus infections, this is shown in FIG. 2
- Vitamin C 500mg - 2000mg
- Magnesium 400mg
- Zinc 20 - 40mg
- Vitamin D 5000IU daily for 2 weeks then 2000IU daily
- Selenium 55ug

	Tablets	Initial Dose	Maintenance Dose (Depending on the duration of pandemic Pakistan)	Recommendation
Asymptomatic medical professionals	Hydroxychloroquine	DAY – 1 400mg twice a day	8 -12 weeks 400 mg weekly	
Asymptomatic household contacts of confirmed cases	Hydroxychloroquine	DAY- 1 400mg twice a day	DAY 2 – DAY 5 200mg twice daily for 4 days Followed by 400mg weekly for 8-12 weeks to be taken with meals	(CDC 2020; Yao 2020)
General Prophylactic Protocol	Hydroxychloroquine	400mg weekly	8 – 12 weeks	

Protect yourself from Corona Infection by taking

Sr. No.	Product	Oral Dose
1	Hydroxychloroquine	200mg every week
2	Vitamin C	1.5 – 2 grams daily
3	Zinc	30 – 40mg daily
4	Magnesium	400mg daily

5	Vitamin D	5000IU daily for 2 weeks then 2000IU daily till advised
6	Selenium	55µg daily
NOTE: These can be bought from any pharmacy		

DETOXVIT TABLET.....3 Tablets daily(contains vitamin C ,Magnesium and Zinc)

IF QUARENTINE at HOME PREVENT COMPLICATIONS

Sr. No.	Product	Oral Dose
1	Hydroxychloroquine	200mg thrice a day for 10 days
2	Vitamin C	1.5 – 2 grams daily
3	Zinc	30 – 40mg daily
4	Magnesium	400mg daily
5	Vitamin D	5000IU daily for 2 weeks then 2000IU daily till advised
6	Selenium	55µg daily
NOTE: These can be bought from any pharmacy		

DETOXVIT TABLET.....3 Tablets daily(contains vitamin C ,Magnesium and Zinc)

COVID-19 Treatment

- **Hydroxychloroquine** 200mg thrice a day for 10 days.
- **Azithromycin** (if indicated) 500mg on Day 1 and then 250mg daily for 4 days to prevent bacterial reinfection. ECG should be monitored for QT Interval prolongation risk with the use of this combination.
- **Antivirals:**
 1. Remdesivir 200mg IV Day 1 followed by 100mg daily for 4-9 days
OR
 2. Tocilizumab: The recommended dose is 400mg IV infusion (4 ~ 8mg/kg). (4 ~ 8mg/kg). If there is fever within 24 hours after the first dose and the interval between two infusions \geq 12 hours; it can be repeated where the cumulative number is two infusions and the maximum single dose does not exceed 800mg.
- **Passive Immunity or Antibodies Therapy or Convalescent Therapy**
This is a therapy where plasma of the recovered patient containing specific antibodies is infused to the patient suffering from COVID Infection. The antibodies are Y shaped, very specific,

and produced by the B cells of the immune system against the corona virus. When infused; it attaches to the virus to neutralize the virus and alert other immune cells and interleukins to come and kill these viruses. Such Antibody or Passive Therapy has been used in the past for Lassa fever, Ebola and swine flu with success

- **Immunity boosters:**

1. SUPER IMMUNO COVID DRIP – IV Daily (High dose Vitamin C)
2. Vitamin D3 100000-150000 IU Intramuscularly – once a day

- **Inhalers:**

1. Salbutamol inhaler 200 mcg: 2 puffs six hourly.

FIG 3

If quarantine at Home

Sr. No.	Product	Oral Dose
1	Hydroxychloroquine	200mg thrice a day for 10 days
2	Vitamin C	1.5 – 2 grams daily
3	Zinc	30 – 40mg daily
4	Magnesium	400mg daily
5	Vitamin D	5000IU daily for 2 weeks then 2000IU daily till advised
6	Selenium	55µg daily

NOTE: These can be bought from any pharmacy

DETOXVIT TABLET.....3 Tablets daily(contains vitamin C ,Magnesium and Zinc)

COVID-19 Treatment

Protocol for Hospitalized COVID Patients (Super Immuno-COVID19 Drip):

VCU, USA are administering vitamin C to either an infected patient who is in the ward and beginning to deteriorate (developing an oxygen requirement). If a patient is admitted and begins to develop an oxygen requirement which means the virus has infected the lung and pneumonia is progressing or a patient who has already developed respiratory failure and is on the ventilator.

- Vitamin C can be infused through a peripheral or a central line. IV INFUSION OF THE FOLLOWING for a person weighing 70kg is shown in FIG. 3.
- Intramuscular Vitamin D3 100000-150000 IU Intramuscularly ONCE A DAY.

Sr. No.	Ingredients	Dose	Duration	Infusion Time	Diluents
1	Vitamin C 50mg/kg (Super-Immuno Covid Drip)	3500mg	Every 6 hours for 5 days	30 minutes	50ml 5% Dextrose
2	Sodium Bicarbonate				
3	Vitamin B12	1ml	Once a day		
4	Zinc	1.6ml	Once a day		
5	Magnesium Sulphate	1ml	Once a day		
6	Selenium	1ml	Once a day		

FIG. 4

Calculating the Cardiac Risk Score

The risk of Ventricular Arrhythmia due to Hydroxychloroquine-Azithromycin Treatment For COVID-19 must be assessed. You have to calculate the Risk Score for drug associated QTc prolongation by consulting the American College of Cardiology (ACC) Risk Score table and adding the Risk points. (Table. 1)

- If the score is **less than 6 points**, there is **Low Risk**
- If the score is **7-10 points**, there is **Moderate Risk**.
- If the score is **more than 11 points**, there is **High Risk** to develop prolongation of QT interval and Ventricular fibrillation. (Table. 2)

Recommendations of American College of Cardiology (ACC) for use of Hydroxychloroquine and Azithromycin in cardiac patients.



AMERICAN
COLLEGE *of*
CARDIOLOGY

Table 1. Risk Score for Drug Associated QTc Prolongation

Risk Factors	Points
Age \geq 68 yrs	1
Female sex	1
Loop Diuretic	1
Serum K ⁺ \leq 3.5 mEq/L	2
Admission QTc \geq 450 ms	2
Acute MI	2
\geq 2 QTc prolonging drugs	3
Sepsis	3
Heart Failure	3
One QTc prolonging drug	3
Maximum Risk Score	21

K⁺ indicates potassium; and MI, myocardial infarction

Table 2. Risk Levels For Drug Associated QTc Prolongation

Low risk	\leq 6 points
Moderate risk	7 – 10 points
High risk	\geq 11 points