

Plan to Reopen Israel

by

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Multiple scientific studies have demonstrated that early prehospital treatment of Covid-19 safely reduces hospitalizations and death by more than 84%.¹ This means that out of **5600** Israeli Covid-19 deaths (as of February 22, 2021), **4700** could have been prevented.

The purpose of this document is to recommend a medical strategy to immediately curtail needless fatalities and to reopen Israel's businesses and gathering places, such as, houses of worship, sports facilities, schools and recreational venues.

We recommend that the government of Israel immediately adopt the following strategy:

1. Strongly recommend that medical professionals follow the protocols specified below for treating patients based on clinical suspicion or positive test results of Covid-19 infection within the **first 5 days** of the onset of symptoms.
2. Require Israel's Ministry of Health to educate Israel's practicing physicians and health care workers on the recommended protocols for treating patients in the early stages of Covid-19 infection and saving lives. This includes publishing on websites and elsewhere clear delineations of the recommended treatment and prophylactic protocols.

¹ [https://www.amjmed.com/article/S0002-9343\(20\)30673-2/fulltext](https://www.amjmed.com/article/S0002-9343(20)30673-2/fulltext);
<https://www.sciencedirect.com/science/article/pii/S0924857920304258>;
https://rcm.imrpress.com/EN/10.31083/j.rcm.2020.04.264?fbclid=IwAR0fvaAYDnN7TWM1XHm8nULZPsIKT9W_g7kmdeQjTmXGWameiHRlIRdOapk

3. Allow physicians and pharmacies to prescribe and dispense the FDA-approved medications specified in the protocols, even if they are prescribed “off-label” for the treatment of COVID-19; and remove any legal or bureaucratic impediments that may inhibit Israeli patients from receiving these life-saving treatments.

4. Require Israel’s governmental health authorities to develop and implement a logistical plan to acquire and distribute the medications specified in the protocols to the entire country.

5. Require Israel’s governmental health authorities to provide physicians with current and timely access to international-level and Israel-specific health care data so that the treatment of Israel’s citizens may quickly commence in accordance with the risk-stratification specified in the protocols.

6. While prophylaxis should be recommended for all Israeli citizens, prophylaxis should be stressed for moderate and high-risk patients, including practicing physicians and health workers, as well as those with vital jobs, including police and fire workers, teachers, and others whose continued work is deemed “essential.”

7. The above strategy is crafted to complement and work in synergy with other aspects of pandemic management such as spread prevention, hospital care, and immunization with safe and efficacious vaccines. Vaccines against Covid-19 should be made available **without coercion** for all Israeli citizens that choose to take them.

Zelenko Protocol²

Treatment Plan for Patients with Covid-19 symptoms

Prehospital Management

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Fundamental Principles

Treat patients based on clinical suspicion as soon as possible, preferably within the first 5 days of symptoms. Do not withhold treatment pending confirmatory testing results.

Risk Stratify Patients

Low risk patient - Younger than 45, no comorbidities, and clinically stable
High risk patient - Older than 45, younger than 45 with comorbidities, or clinically unstable.

Immediately upon the onset of symptoms, consider the following treatment options:

Low risk patients

Supportive care with fluids, fever control, and rest
Elemental Zinc 50mg 1 time a day for 7 days³
Vitamin C 1000mg 1 time a day for 7 days⁴
Vitamin D3 5000iu 1 time a day for 7 days⁵

Optional over the counter options

Quercetin 500mg 2 times a day for 7 days⁶ **or**
Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days⁷

² <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>

⁴ <https://pubs.acs.org/doi/10.1021/jf5014633>

⁵ <https://vdm-meta.com/>

⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

⁷ <https://pubs.acs.org/doi/10.1021/jf5014633>

Moderate / High risk patients

Elemental Zinc 50-100mg once a day for 7 days

Vitamin C 1000mg 1 time a day for 7 days

Vitamin D3 10000iu once a day for 7 days or 50000iu once a day for 1-2 days

Azithromycin 500mg 1 time a day for 5 days **or**

 Doxycycline 100mg 2 times a day for 7 days

Hydroxychloroquine (HCQ) 200mg 2 times a day for 5-7 days⁸
and/or

Ivermectin 0.4-0.5mg/kg/day for 5-7 days⁹

Either or both HCQ and IVM can be used, and if one only, the second agent may be added after about 2 days of treatment if obvious recovery has not yet been observed etc.

Other treatment options

Dexamethasone 6-12mg 1 time a day for 7 days¹⁰ **or**

 Prednisone 20mg twice a day for 7 days, taper as needed

Budesonide 1mg/2cc solution via nebulizer twice a day for 7 days¹¹

Blood thinners (i.e. Lovenox, Eliquis, Xarelto, Pradaxa, Aspirin)

Colchicine 0.6mg 2-3 times a day for 5-7 days¹²

Monoclonal antibodies

Home IV fluids and oxygen

⁸ <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

⁹ <https://ivmmeta.com/>

¹⁰ <https://www.nejm.org/doi/full/10.1056/NEJMoa2021436>

¹¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7392554/>

¹² <https://www.medrxiv.org/content/10.1101/2021.01.26.21250494v1>

Zelenko Covid-19 Prophylaxis Protocol

Website: Vladimirzelenkomd.com

Prophylaxis is an action taken to prevent or protect against a specified disease. Greek in origin, from the word "phylax", meaning "to guard" and "watching."

Low Risk Patients

Young healthy people do not need prophylaxis against Covid 19. In young and healthy people, this infection causes mild cold-like symptoms. It is advantageous for these patients to be exposed to Covid-19, build up their antibodies and have their immune system clear the virus. This will facilitate the development of herd immunity and help prevent future Covid-19 pandemics. However, if these patients desire prophylaxis against Covid-19, then they should take the protocol noted below.

Moderate Risk Patients

Patients from this category are healthy but have high potential viral-load exposure. This group includes medical personnel, caregivers of high-risk patients, people who use public transportation, first responders and other essential personnel who are crucial to the continued functioning of society. These patients should be encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

High Risk Patients

Patients are considered high risk if they are over the age of 45, or if they are younger than 45 but they have comorbidities, that is, they have other health conditions that put them at risk. These patients have between a 5 to 10% mortality rate if they are infected with Covid-19. These patients should be strongly encouraged to take prophylaxis against Covid-19 in accordance with the protocol noted below.

Prophylaxis for Low Risk Patients:

Elemental Zinc 25mg 1 time a day¹³

Vitamin D3 5000iu 1 time a day¹⁴

Vitamin C 250-500mg 1 time a day¹⁵

Quercetin 250mg 1 time a day¹⁶ **or**

Epigallocatechin-gallate (EGCG) 200mg 1 time a day¹⁷

Prophylaxis for Moderate / High Risk Patients:

Vitamin D3 5000 IU/day or 50000iu once a week

Vitamin C 1000mg once a day

Zinc 25-50mg/day

Hydroxychloroquine (HCQ) 200mg once a day for 5 days, then HCQ 200-400mg one time a week¹⁸ **or**

Ivermectin 0.2 mg/kg — one dose on day 1 and day 3, then take one dose weekly¹⁹

¹³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7365891/>

¹⁴ <https://vdmeta.com/>

¹⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

¹⁶ <https://pubs.acs.org/doi/10.1021/jf5014633>

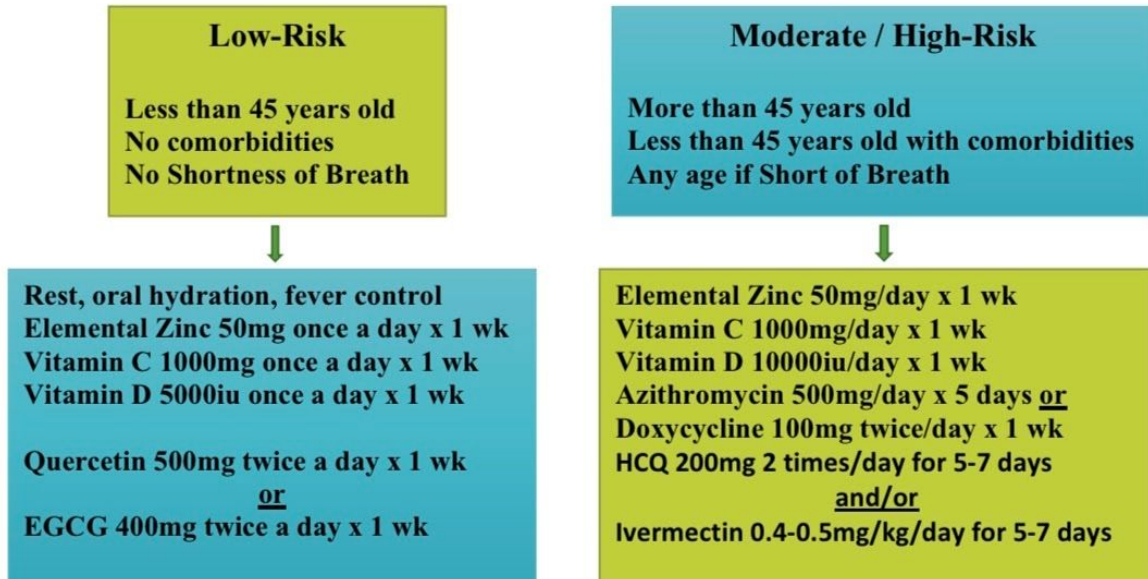
¹⁷ <https://pubs.acs.org/doi/10.1021/jf5014633>

¹⁸ <https://www.sciencedirect.com/science/article/pii/S0924857920304258>

¹⁹ <https://ivmmeta.com/>

Zelenko Treatment Protocol +

Clinical Suspicion of Covid-19 Treatment Algorithm
Risk Stratify Patients and Treat Immediately Based on Clinical Suspicion



Treatment options based on clinical judgement and patient presentation
If patient is symptomatic more than 7 day, and/or appears toxic, and/or has
very high risk for complications

