

Protocol of Dr. Chavdar Botev for

TREATMENT OF COVID - 19

(To be followed only after consultation and under the supervision of a doctor)

A. Prevention for adults

- (1) BioBi * probiotic every day - 1 capsule daily (100 billion lyophilized bacteria).
- (2) Bromhexine for 15 days, 1 month rest and re-intake - 3x2 tablets of 8 mg or 3x1, if intolerable good. For patients with heart disease - 2x1 tablet.
- (3) Diagnostic of vitamin D level and correction, if necessary, with a final target of 75 nanomoles / ml.
- (4) Nutritional supplements: selenium and zinc (preferably after of serum level diagnostics.)
- (5) Breathing exercises and daily walks, if possible 10,000 steps per day.
- (6) Ivermectin - 1 capsule (10 mg for weight over 45-60 kg, 12 mg for weight over 60 kg and 15 mg for weight over 100 kg - on the first, third and 33rd day. Then - two months off.
- (7) Vitamin C is taken with ivermectin - 1000 mg one day before taking ivermectin, on the day of taking and one day after admission. Preferably in soluble tablets.

B. Treatment of mild cases of COVID-19 (at home)

Mild cases occur with headache, fever, muscle aches, abdominal pain, loss of taste and sense of smell, general fatigue.

Follow all the recommendations from item A, adding:

- 1) On the first day of the onset of symptoms and suspicion of COVID-19, take 4x3 tablets Antistenocardin (to increase endogenous interferon and block the rapid spread of virus).
- (2) Then continue with aspirin - 1 soluble tablet of 500 mg (with good tolerability) each day

(3) Proning posture (knee-elbow posture - on the knees, hands on the ground and forehead on them to form slope sufficient to drain the lung) with a slight cough to stimulate excretion and disposal of secretions. Four times for 20 minutes a day. Lying/sleeping on your stomach, not on the back - 6 hours a day.

ATTENTION! Patients at risk (overweight, diabetes, cardiovascular disease, autoimmune diseases, etc.) on day 7 should add to the therapy:

(4) Fraxiparine / Clexan - prophylactic dose to avoid thrombosis (if not, take another equivalent anticoagulant) – 10 days x 0.6 ml for patients over 60 kg or x 0.4 ml for patients under 60 kg.

(4) Dexamethasone (if not available - another equivalent corticosteroid) - 10 days x 6 mg in the morning (tablet or injectable form), depending on weight.

(5) On the first day of symptoms, ivermectin is included - after 48 hours another dose and possibly on tenth day – a third (10 mg for weight 45-60 kg - and 12 mg for weight over 60 kg, 15 mg – over 100 kg). Together with vitamin C -1000 mg one day before taking ivermectin, on the day of taking and one day after taking. For preferably soluble tablets.

If there are no new symptoms after the seventh day - shortness of breath and difficulty breathing and saturation is over 95, the started therapy is continued without change until complete recovery.

C. Treatment of moderate to severe cases of KOVID-19 at home

Worsening of the condition is usually observed between 8 and 12 days from the onset of the disease. It is associated with the appearance of antibodies that neutralize the virus. **The new symptoms are shortness of breath, fever, severe fatigue, decreased saturation to and below 93, difficulty breathing, cough.**

The overall treatment is continued by adding:

6) Fraxiparine in a therapeutic dose - 2x0.6 ml for patients over 60 kg and 2x0.4 for patients under 60 kg.

(7) Dexamethasone - 6 mg daily (tablet or injection), in the morning.

(8) An apparatus for concentration of oxygen from the air with a flow rate of 2 to 5 l / min should be purchased or rented, and is used fractionally according to the patient's condition. The goal is to saturate the oxygen supports over 93.

(10) An pulse oximeter is used to measure the oxygen saturation of the finger of the hand with a low pulse and low saturation alarm program (at a low pulse below 50 it can be accelerated by a quarter ampoule calcium gluconate by mouth. Higher doses are not recommended because it may accelerate blood clotting. With a very fast heart rate, potassium products or a banana can be taken.

(11) Inhalations are made with an apparatus for inhalations (nebulizer) with chamomile,

(12) Take a third dose of ivermectin - on day 10 together with vitamin C.

* For questions, including about the probiotic - covidplasma19@gmail.com

