

DIY Early Treatment Kit (ETK)

Suggested minimum contents for your ETK include:

- Home Covid Test (at least two)
- Pulse oximeter (*align accuracy with your doctor's*)
- Thermometer
- Extra batteries for pulse oximeter/thermometer
- Antiseptic mouthwash Listerine™, or chlorhexidine, or cetylpyridinium chloride products (e.g. Scope™/Crest™)
- *Commercial iodine nasal spray OR DIY:*
 - Eyedropper or nasal irrigation bottle
 - 10% povidone-Iodine to *dilute* for nasal rinse
 - Hydrogen peroxide to *dilute* for mouth/nose rinse
 - Sterile water to dilute products for nasal rinse
 - DIY Instructions: <https://tinyurl.com/2p9atwj7>
- Ivermectin, preferably 12mg pills
- Vit. D3 (5K – 10K IU/pill)
- Vitamin C (1K mg tablets)
- Multivitamin
- Zinc, preferably elemental zinc
- Quercetin – 250 to 500 mg tablets
- NAC (N-Acetyl-L-Cysteine) – 600 mg tablets
- Aspirin
- Melatonin – 10 mg tablets
- *I-MASK+ Prevention and Early Treatment Protocol*
- *COVID-19 Quick Reference Guide (CCHF)*

