A. Treatment and Prevention of COVID-19 (as reported in Medscape)

No vaccine is currently available for SARS-CoV-2. Avoidance is the principal method of deterrence. No specific antiviral treatment is recommended for COVID-19. Infected patients should receive supportive care to help alleviate symptoms. Vital organ function should be supported in severe cases.


According to a consensus statement from a multicenter collaboration group in China, chloroquine phosphate 500-mg twice daily in tablet form for 10 days may be considered in patients with COVID-19 pneumonia (Multicenter collaboration group of Department of Science and Technology of Guangdong Province and Health Commission of Guangdong Province for chloroquine in the treatment of novel coronavirus pneumonia. [Expert consensus on chloroquine phosphate for the treatment of novel coronavirus pneumonia]. Zhonghua Jie He He Hu Xi Za Zhi. 2020 Feb 20. 43:E019.).

General measures for prevention of viral respiratory infections include the following: (CDC. 2019 Novel Coronavirus, Wuhan, China: Prevention & Treatment. CDC. Available at https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html January 26, 2020)

- Handwashing with soap and water for at least 20 seconds. A 60% alcohol-based hand sanitizer may be used if soap and water are unavailable.
- Individuals should avoid touching their eyes, nose, and mouth with unwashed hands.
- Individuals should avoid close contact with sick people.
- Sick people should responsibly self isolate/ stay at home (e.g., from work, school).
- Coughs and sneezes should be covered with a tissue, followed by disposal of the tissue in the trash.
- Frequently touched objects and surfaces should be cleaned and disinfected regularly.
- Following the model of the Hong Kong

Infection control: Those who are under investigation for COVID-19 should be evaluated in a private room with the door closed (an airborne infection isolation room is ideal) and asked to wear a surgical mask. All other standard contact and airborne precautions should be observed, and treating healthcare personnel should wear eye protection (CDC. 2019 Novel Coronavirus, Wuhan, China: Interim Healthcare Infection Prevention and Control Recommendations for Patients Under Investigation for 2019 Novel Coronavirus. CDC. Available at https://www.cdc.gov/coronavirus/2019-ncov/infection-control.html January 18, 2020)

B. Alternative approaches
Treatment of a possibly infected or diagnosed patient

1. Vitamin C: In a press release from a Chinese hospital specializing in infectious disease it was observed that intravenous vitamin C was extremely effective in treating affected and infected patients: the dose of 100-200 mg/kg body weight was given intravenously for 3 days in a row (this equals to only 7.5 – 15 grams for a 75 kg (180 lbs.) person.

Prevention: Based on the advice from the Chinese hospital staff we recommend the following to all of our patients: take a minimum of 2000 mg Vit C per day. Use a mix of liposomal/non-liposomal vit C, by adding 1-2 tsp of MicroPhos to the prepared Vit C drink and stirring it vigorously. Divide the dose in half and drink twice daily.


3. Chloroquine phosphate: 500 mg twice daily for 10 days (most Lyme literate MDs are familiar with the use of chloroquine and possible side effects)