

PHASE OF COVID-19 COURSE and indicative number of days of illness (it may vary from case to case)	SYMPTOMS (what the patient feels)	OTHER DISEASES WITH THE SAME SYMPTOMS (warn your doctor, but don't be frightened by believing it's necessarily COVID-19)	CARE: MOLECULES to use	DRUGS (names of corresponding drugs) PLEASE NOTE: we indicate only one drug for space requirements, and precisely one of those available in Italy. Nevertheless, first of all, there are other equivalent drugs produced by other companies, all equally good, and, secondly, remember that names may differ in different countries. Hence, ask the pharmacist simply quoting the MOLECOLE that appears in the previous column.	DOSAGE (how much to take and how)	Contraindications (cases in which the drug cannot be taken or must be taken with a different dosage and only after verification by the doctor)
PHASE ZERO From contracting the virus to the 5th day	<ul style="list-style-type: none"> · Apparent asymptomaticity (no symptoms) · Viral replication (development of the virus within the body, albeit without external reactions) · High contagiousness 					
PHASE 1 From the first symptoms to the 5th/10th day after their appearance (varies from case to case)	<p>Most common symptoms:</p> <ul style="list-style-type: none"> · Temperature · Dry cough · Exhaustion · Increased heart rate <p>Less common symptoms:</p> <ul style="list-style-type: none"> · aches and pains in the muscles · sore throat · diarrhea · conjunctivitis · headache · loss of taste and/or smell · rash or discoloration of the toes or fingers · enlarged lymph nodes · chest, sternum, back pains · dehydration <p>Severe symptoms:</p> <ul style="list-style-type: none"> · difficulty breathing or shortness of breath · chest tightness or pain <p>Some rare cases of:</p> <ul style="list-style-type: none"> · dry eyes · esophageal reflux 	<p>The pathologies that can have the same symptoms as Covid-19 are innumerable.</p> <p>It is advisable to speak to your doctor.</p> <p>The swab (the non-rapid one) remains the most efficient diagnostic method.</p> <p>It should be noted that in the series there were also cases of Covid-19 with a negative swab, but we are talking about very rare cases.</p>	<ul style="list-style-type: none"> · Hydroxychloroquine > 	<ul style="list-style-type: none"> · PLAQUENIL for 7 days 	<ul style="list-style-type: none"> · 1 tablet every 12 hours 	<ul style="list-style-type: none"> · Arrhythmias, atrial fibrillation, retinopathy
			<ul style="list-style-type: none"> · Azithromycin > · Montelukast > 	<ul style="list-style-type: none"> · ZITROMAX for 6 days · MONTELUKAST 10 mg 	<ul style="list-style-type: none"> · 1 tablet every 24 hou · 1 tablet every 24 hou 	<ul style="list-style-type: none"> · Maculopathy
			<ul style="list-style-type: none"> · Cortisone: · Dexamethasone > 	<ul style="list-style-type: none"> · DECADRON 0,75 mg (see footnote) 	<ul style="list-style-type: none"> · 4 tablets every 12 hours for 7 days, from the 8th day it is necessary to decrease by 1 tablet for each dose every 12 hours. 	<ul style="list-style-type: none"> · Diabetes (under medical supervision)
			<ul style="list-style-type: none"> or: · Betametasone > 	<ul style="list-style-type: none"> · BENTELAN 1 mg 	<ul style="list-style-type: none"> · Same dosage as Decadron 	
			<ul style="list-style-type: none"> · Heparin > 	<ul style="list-style-type: none"> · CLEXANE 4000 I.U. (International Unit) 	<ul style="list-style-type: none"> · 50 mg. every 24 hours 	<ul style="list-style-type: none"> · Coagulation problems
			<ul style="list-style-type: none"> · Zinc picolinate > · Vitamin D > 	<ul style="list-style-type: none"> · PICOZINCO · DIBASE drops 	<ul style="list-style-type: none"> · 1 ampoule (subcutaneous injection) every 24 hours · 25.000 U.I. per week, during Cortison therapy 	
			<ul style="list-style-type: none"> · Calcium citrate > 		<ul style="list-style-type: none"> · 500 mg per day 	
			<ul style="list-style-type: none"> Also recommended: · Quercetin 			
			<ul style="list-style-type: none"> · Steam inhalation*: see note at the bottom of the table 		<ul style="list-style-type: none"> · 3 times a day 	
			<ul style="list-style-type: none"> Finally, a drug not yet released at the time of writing this table: · Regn-Cov 2, distribuito dalla Roche 		<ul style="list-style-type: none"> · 1 single dose of 8 grams intravenously 	

<p>PHASE 2</p> <p>Indicatively starting from the 5th / 10th day from the onset of symptoms, with a general duration of 5 days (varies from case to case)</p>	<p>If it heals, Symptoms:</p> <ul style="list-style-type: none"> -Regression of fever - Disappeared cough and other symptoms <p>NOTE: in some cases, some symptoms, despite the negative swab, can persist, even for a long time.</p>		<p>Convalescence at home:</p> <ul style="list-style-type: none"> - Multi-vitamin -Vitamin C - Essential oils (type and dosage followed by a herbalist specialist)*: see note at the bottom of the table 	<p>-SUPRADYN</p>	<p>-1 tablet per day</p> <p>- 3 grams per day intravenously</p> <p>NOTE: If it is not possible intravenously, increase the consumption of citrus fruits and unroasted pumpkin seeds</p>	
	<p>If it gets worse, Symptoms:</p> <ul style="list-style-type: none"> - Breathing difficulty - Lowering saturation - Organic debility 	<p>A CHEST X-RAY or ULTRASOUND of the chest IS RECOMMENDED</p> <p>(NOTE: some health systems also make these services available at home) However, the CT SCAN of the chest remains decisive.</p>	<p>Home care: Indicatively (it is the doctor who must strictly follow the evolution and decide): below 94 saturation and up to 91 saturation:</p> <ul style="list-style-type: none"> - Increased cortisone. - O2 (oxygen) delivery from 1 liter per minute up to 6 liters per minute <p>PLEASE NOTE: under 91 hospitalization is more than appropriate</p>			
			<p>In the hospital: HYPERIMMUNE PLASMA (if not available in the hospital, it can be brought from other hospitals, even outside the region). Hospital protocol</p>			
<p>PHASE 3</p> <p>From the day the symptoms shown in the column opposite appear (the duration varies from case to case, although in general it occurs between the 10th and 15th day from the onset of the first symptoms)</p>	<p>Acute phase: Symptoms:</p> <ul style="list-style-type: none"> - Severe breathing difficulties - Saturation less than 91 		<p>Hospitalization:</p> <ul style="list-style-type: none"> - Evaluation of the clinician with a resuscitator - Oxygen helmet - Sedation and intubation - Pronation (facilitating breathing) - Evaluate transfusion of HYPERIMMUNE PLASMA <p>NOTE: Although the viral replication phase is over, in some cases this choice has proved successful (if the plasma is not available in the hospital, it can be requested from other hospitals, even outside the region).</p>			
<p>NOTE *: We also mention these treatments as some patient report having benefited from them. LEGEND: tbl.: tablet I.U.: International Unit</p>						
<p>Layout and Graphics by Guido De Simone, PLANET360.info (published exclusively on www.planet360.info, © copyright 2020/2021 and publication granted on www.ippocrateorg.org). Publication by third parties is FREE if it is non-profit, reported without variations and manipulations, including the latter part on copyright and authors, and the source is explicitly cited. Scientific advice of the IPPOCRATE Movement by: ☒ Dott. Andrea Stramezzi, Milano (Physician and surgeon, COVID-19 volunteer) ☒ Dr. Mauro Rango (Humanitarian manager, consultant to the government of Mauritius, founder of the IPPOCRATE Movement)</p>						