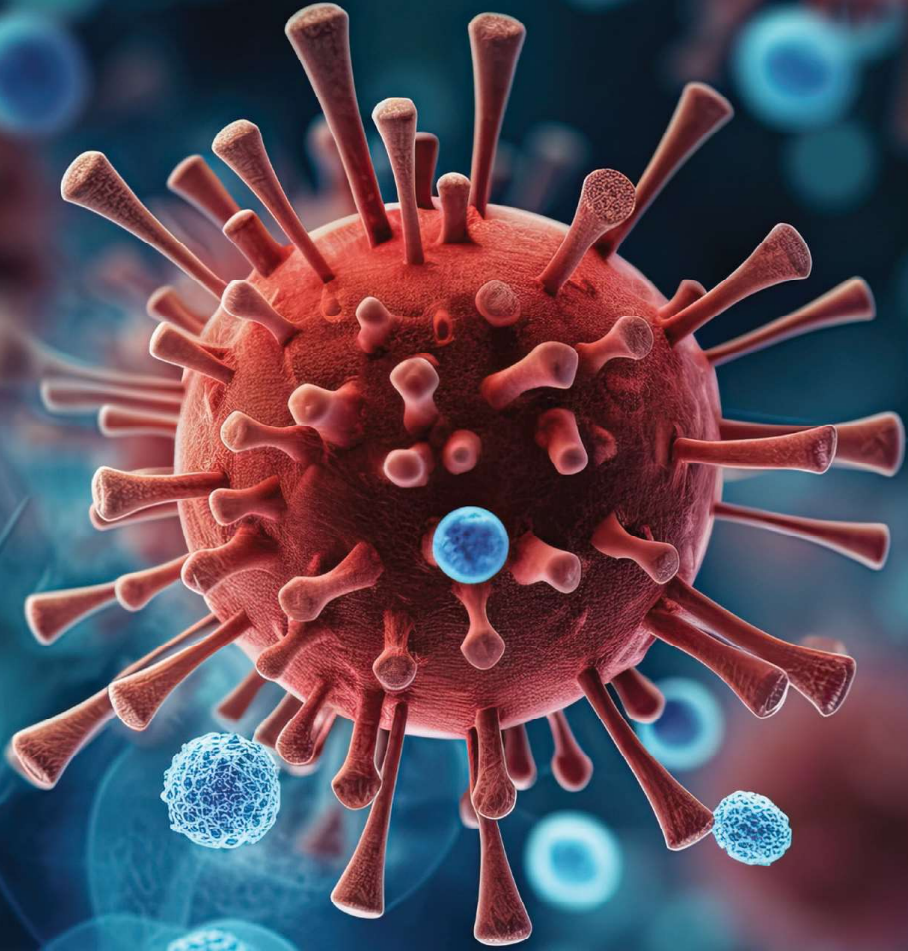




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PARTELL COVID KIT GUIDEBOOK



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Partell Covid Kit Guidebook

PARTELL PHARMACY COVID KIT GUIDEBOOK

CONSULT WITH A HEALTHCARE PROFESSIONAL
BEFORE TAKING ANY MEDICATIONS

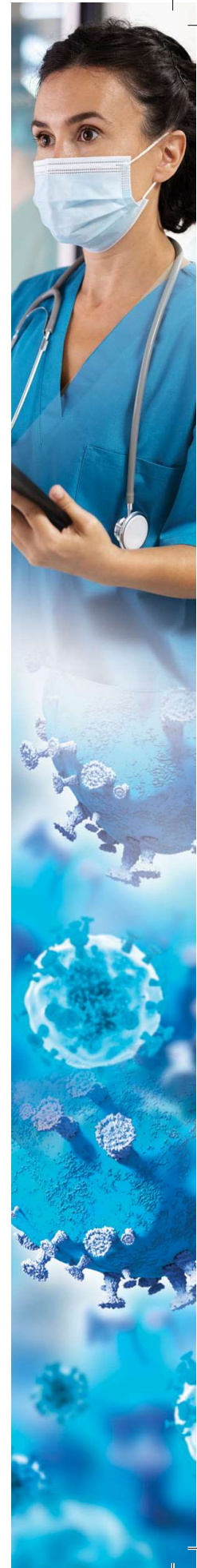
Your COVID kit contains the following medications:
● Hydroxychloroquine sulfate (HCQ) 200 mg tablets #20
● Ivermectin (IVM) 18 mg capsules, #21
● Doxycycline 100 mg capsules #20 OR Z-Pak 250 mg tablets #6
● Budesonide 0.5 mg #10 vials OR Albuterol 2.5 mg vials #30
● Medrol Dosepack 4 mg tablets #21 (only if Budesonide is unavailable)
● Handheld Nebulizer
● OrthoMune 1bottle #120 capsules

Special Notes:

Do not take any medications if you are allergic to them. Budesonide, a steroid anti-inflammatory, is the preferred medication to be delivered using the handheld nebulizer. If budesonide becomes unavailable due to manufacturer shortages then albuterol for nebulizer will be substituted for the budesonide and an oral anti-inflammatory steroid, methylprednisolone, will be added.

Do not take doxycycline if you have ever had a reaction to a tetracycline antibiotic. Do not take a Z-Pak if you have had a reaction to azithromycin or any macrolide antibiotic.

Budesonide, a steroid anti-inflammatory, is the preferred medication to be delivered using the handheld nebulizer. If budesonide becomes unavailable due to manufacturer shortages then albuterol for nebulizer will be substituted for the budesonide and an oral anti-inflammatory steroid, methylprednisolone, will be added.





HYDROXYCHLOROQUINE (HCQ) 200 MG

All About Hydroxychloroquine:

HCQ is an anti-malarial drug with anti-viral properties. There is some evidence that HCQ might prevent Covid virus (specifically the Omicron variant) from entering cells. The use of HCQ in COVID-19 patients can lower the risk of mortality and hospitalization and improve viral clearance and recovery time. It can be used on its own or in conjunction with Ivermectin.

Safety:

HCQ is generally well-tolerated but can cause stomach upset and diarrhea. Rarely, it can cause muscle weakness or a rash. When used with azithromycin, HCQ might increase the risk of developing irregular heartbeats.

Pregnancy:

The FDA considers HCQ safe for use during pregnancy.

Trace amounts can be found in breast milk, but it has not been shown to cause any side effects in breastfeeding babies.

Medication administration:

Take one 200 mg tablet by mouth twice a day for 5-10 days. Those who weigh 200 lbs or more may take two 200 mg tablets by mouth twice on Day 1, and then take one 200 mg tablet by mouth twice a day from Day 2 on.

Taking HCQ with zinc or OrthoMune may enhance its efficacy.

For scientific articles on Hydroxychloroquine: www.hcqmeta.com

IVERMECTIN 18 MG CAPSULE

All About Ivermectin:

Ivermectin (IVM) is an antiparasitic drug on the WHO's list of essential medicines and has been used around the world for more than four decades. It is estimated to have been given over 3.7 billion times and is considered to be one of the safest drugs known. IVM is anti-viral and anti-inflammatory and is able to inhibit the replication of SARS-COV-2 in cell cultures.

Safety:

IVM is generally considered safe and well-tolerated. The most common side effects are joint and muscle pain.

Ivermectin can react with the antioxidant supplement quercetin, so be sure to stagger your doses at different times of day when you take them.

Note: OrthoMune contains quercetin.

Pregnancy:

Pregnancy class C. In animal studies, high-dose IVM caused fetal damage. The risk of using Ivermectin during pregnancy has not yet been definitively established. Talk to your doctor about using during pregnancy, especially in the first trimester.

Trace amounts of Ivermectin can be found in breast milk, and it is not expected to cause harm in breastfeeding babies older than 7 days.

Medication Administration:

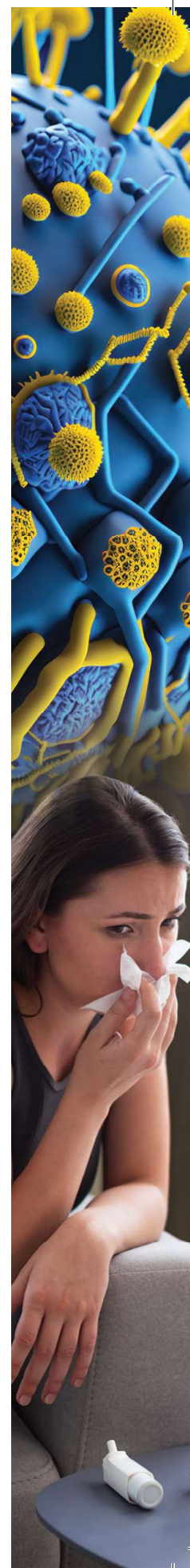
Take 0.4-0.6 mg/kg by mouth once daily for at least five days or until symptoms resolve. It is best to take Ivermectin with or just after a meal for greater absorption.

Please follow the guidelines for dosing in the chart below.

Ivermectin Dosing Chart	
WEIGHT	DOSE
70-110 LBS (32-49 KG)	18 mg (one 18 mg capsule)
111-190 LBS (50-86 KG)	36 mg (two 18 mg capsules)
191-300 LBS (87-136 KG)	54 mg (three 18 mg capsules)

Note: Higher doses (0.6 mg/kg) might be required in areas with more aggressive variants, if treatment starts after 5 days of symptoms, or in patients in an advanced stage of the disease who also have risk factors such as older age, obesity, diabetes, or other serious health conditions.

For scientific articles on Ivermectin: www.ivmmeta.com





DOXYCYCLINE 100 MG CAPSULES

All About Doxycycline:

Doxycycline is a long-acting broad-spectrum tetracycline antibiotic. It works against bacteria as well as RNA viruses like dengue fever and COVID-19. When started at the onset of COVID-19 symptoms, doxycycline helps to minimize the severity of the infection as well as offer protection against acute respiratory syndrome, a potential complication of COVID.

Doxycycline may improve the efficacy of Ivermectin when taken together and is considered the antibiotic of choice for COVID-19 treatment.

Safety:

Common side effects of doxycycline are nausea, diarrhea, and headaches. Doxycycline allergies are rare but can be serious. Do not take doxycycline if you know you are allergic to it or any other tetracycline antibiotic.

Pregnancy:

Pregnancy Class D. Do not take doxycycline while pregnant.

Doxycycline is excreted into breast milk. Short-term use of doxycycline while nursing is not contraindicated, but use with caution.

Medication Administration:

Take one 100 mg capsule twice a day for 7 to 10 days.

AZITHROMYCIN (Z-PAK) 250 MG

All About Azithromycin:

Azithromycin is a macrolide antibiotic that is used to treat numerous bacterial infections. It also has significant antiviral properties and has been shown to decrease the entry of the COVID-19 virus into cells, especially when combined with hydroxychloroquine.

NOTE: While Doxycycline is the preferred antibiotic, if you have an allergy to Doxycycline or any tetracycline antibiotic, Azithromycin will be dispensed as the substitute.

Safety:

All antibiotics carry the risk of allergic reaction. Do not use azithromycin if you are allergic to it or any macrolide antibiotic.

The most common side effects are nausea, diarrhea, and headaches.

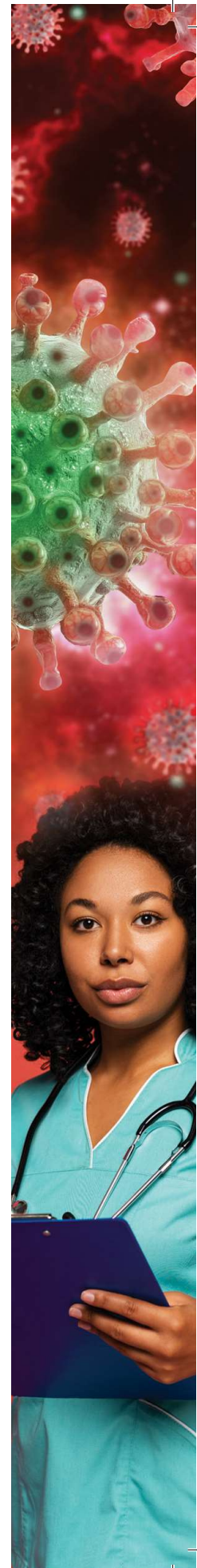
Pregnancy:

Pregnancy Class B. Azithromycin is unlikely to cause harm to a developing fetus.

Azithromycin is not known to cause side effects in nursing babies.

Medication Administration:

Take two 250 mg tablets by mouth on Day 1, then take one 250 mg tablet by mouth Days 2 through 5.





BUDESONIDE 0.5 MG VIALS FOR NEBULIZER

All About Budesonide:

Budesonide is a corticosteroid, and when breathed in via a nebulizer, it acts directly on the lungs and reduces inflammation, swelling, and irritation in the airways. It's commonly used to manage asthma or chronic obstructive pulmonary disorder (COPD.)

In clinical trials, it was found that the use of budesonide in COVID patients can improve outcomes, reduce hospitalizations, and speed up recovery.

Safety:

The most common side effects of inhaled budesonide are sore throat, cough, nausea, vomiting, and diarrhea. Budesonide is unlikely to cause allergic reactions, although contact dermatitis has been reported in people using it via nasal spray.

Pregnancy:

Pregnancy Class B. Budesonide is unlikely to cause harmful effects to a developing fetus.

A scant amount of inhaled budesonide can be found in breastmilk; too little to cause any effects in a breastfeeding baby.

Medication Administration:

Use one 0.5 mg vial via nebulizer twice daily for acute respiratory issues.

Rinse your mouth, gargle, then spit with salt water or mouthwash after each use.

**In the event that Budesonide is not available, Albuterol and Methylprednisolone Dosepak will be provided instead.*

ALBUTEROL 2.5 MG VIALS FOR NEBULIZER

All About Albuterol:

Albuterol is a bronchodilator commonly used to increase ease of breathing and reduce the chance of bronchospasm in people with asthma, emphysema, and bronchitis.

Safety:

The most common side effects of albuterol are a racing heartbeat and temporary shakiness or trembling in the hands and feet. Serious side effects from albuterol are extremely rare, but some people can have an intolerance to it. People with severe hypersensitivity to milk proteins are advised to avoid using albuterol.

Pregnancy:

Pregnancy Class C. Albuterol has shown negative fetal impacts in animal testing. There are no adequate human studies available. It is generally considered safe to use during pregnancy, but use with caution.

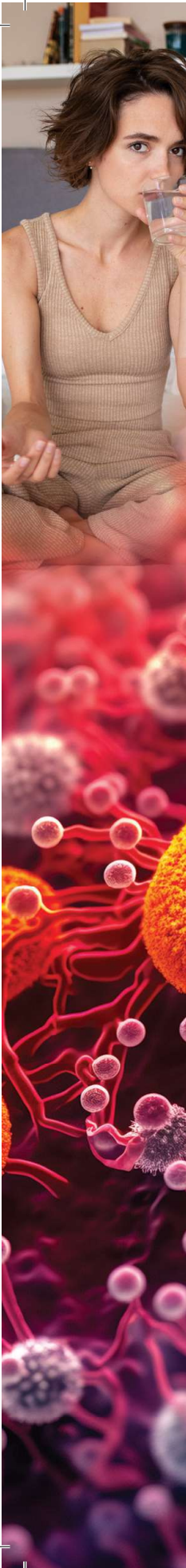
Albuterol does not pass into breast milk in large amounts, and nursing while using albuterol is considered appropriate.

Medication Administration:

Use one 2.5 mg vial via nebulizer every 4 to 6 hours as needed for difficulty breathing.

Albuterol for nebulizer use is only included if budesonide becomes unavailable due to manufacturer shortages. When albuterol is substituted for the inhaled anti-inflammatory steroid budesonide, an oral anti-inflammatory steroid, methylprednisolone, will be added.





METHYLPREDNISOLONE DOSEPAK 4 MG

All About Medrol Dosepak:

Methylprednisolone is a systemic corticosteroid that reduces inflammation. It is commonly used for arthritis, severe allergic reactions, and long-term asthma management. The use of methylprednisolone in COVID patients can reduce short-term mortality, ICU admissions, and the need for mechanical ventilation. Even low-dose treatment can improve clinical outcomes.

NOTE: The Methylprednisolone Dosepak is only included if Budesonide is unavailable. Albuterol for nebulizer will be added to the kit as well in the absence of Budesonide.

Safety:

The most common side effects of Medrol Dosepak are nausea, vomiting, heartburn, headache, and dizziness. This drug can temporarily lower your immunity and make you more susceptible to fungal infections. Allergies to Medrol Dosepak are rare, but it is possible to have a hypersensitivity reaction to corticosteroids.

Pregnancy:

Pregnancy Class C. Methylprednisolone has caused fetal abnormalities in animal studies, but there are no adequate human studies available. Use with caution during pregnancy.

The amounts of methylprednisolone that pass into breastmilk are low and are not expected to cause harm to a breastfeeding infant.

Medication Administration:

Take with food.

Take six 4 mg tablets by mouth on Day 1:

2 tablets before breakfast, 1 tablet after lunch, 1 tablet after supper, 2 tablets at bedtime

Take five 4 mg tablets by mouth on Day 2:

1 tablet before breakfast, 1 tablet after lunch, 1 tablet after dinner, 2 tablets at bedtime

Take four 4 mg tablets by mouth on Day 3:

1 tablet before breakfast, 1 tablet after lunch, 1 tablet after dinner, 1 tablet at bedtime

Take three 4 mg tablets by mouth on Day 4:

1 tablet before breakfast, 1 tablet after lunch, 1 tablet at bedtime

Take two 4 mg tablets by mouth on Day 5:

1 tablet before breakfast, 1 tablet at bedtime

Take one 4 mg tablet by mouth on Day 6:

1 tablet before breakfast

ORTHOMUNE

All About OrthoMune:

OrthoMune is a vitamin and mineral supplement that supports the immune system. It contains vitamin C, vitamin D, Zinc, N-acetyl-L Cysteine USP, and Quercetin Dihydrate. Vitamins C and D are known to improve immune function, and N-acetyl cysteine is a potent anti-inflammatory and antioxidant. Research shows that quercetin has strong antiviral properties against SARS, while zinc improves clinical outcomes and shortens the duration of COVID-19 symptoms.

Safety:

OrthoMune is safely formulated and rigorously tested. No side effects are expected.

Pregnancy:

OrthoMune is safe to use while pregnant or nursing.

Administration:

Take 2 capsules by mouth twice a day. For acute illness, take 2-4 capsules by mouth twice a day.

May take OrthoMune with hydroxychloroquine.

Do NOT take OrthoMune at the same time as Ivermectin, as quercetin interferes with Ivermectin's function. Stagger doses.

Supplement Facts ^{v1}		
Serving Size 2 Capsules		
Servings Per Container 60		
	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	600 mg	667%
Vitamin D (D3 as Cholecalciferol)	62.5 mcg (2,500 IU)	313%
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	25 mg	227%
N-Acetyl-L-Cysteine USP	600 mg	*
Quercetin Dihydrate	250 mg	*

* Daily Value not established.

OrthoMune does not require a prescription. To order more e-mail us at: info@partellpharmacy.com.

For more information on OrthoMune go to: www.orthomolecularproducts.com





FIRST-LINE SUPPORTIVE THERAPIES

- **Mouthwash**

Gargle three times a day with an antiseptic-antimicrobial mouthwash containing chlorhexidine and cetyl pyridinium chloride (e.g., Scope™, Act™, and Crest™,) a combination of menthol, eucalyptus, and thymol (Listerine™,) or 1% povidone-iodine.

- **1% povidone-iodine**

Spray in each nostril 2-3 times a day. If you are pregnant, do not use for more than 5 days.

If a 1% povidone-iodine nasal spray is not available, dilute a 10% povidone-iodine solution and apply 4-5 drops to each nostril every 4 hours.

Dilution instructions (per the FLCC Alliance, www.flccc.net):

1. Pour 1 ½ tablespoons (25 ml) of 10% povidone-iodine solution into a 250 ml nasal irrigation bottle.
2. Fill the bottle to the top with distilled, sterile, or previously boiled water.
3. To use: tilt head back and apply 4-5 drops to each nostril. Keep head tilted for a few minutes, then let drain.

Caution: Do not use povidone-iodine if you have Graves disease.

- **Quercetin Supplements**

Take 250-500 mg by mouth twice a day. Reminder: do NOT take quercetin at the same time as Ivermectin. Stagger your doses at different times of the day.

- **Nigella sativa**

Nigella is a medicinal plant that has antioxidant, immunity-modulating, anti-inflammatory, and antiviral properties and has shown promise in improving COVID recovery time. If using nigella seeds, take 80 mg/kg by mouth once a day. If taking encapsulated nigella oil, take 400-500 mg by mouth twice a day.

- **Honey**

Honey is known for its antiviral and antibiotic properties. Take 1 g/kg by mouth 1-2 times per day.

- **Melatonin**

Melatonin can improve sleep quality and improve immune function. Take 5-10 mg by mouth before bedtime. Slow or extended-release formulations are preferred. Caution: Melatonin causes drowsiness.

(OrthoMune contains Quercetin)

- **Curcumin (Turmeric)**

Turmeric is anti-inflammatory and antimicrobial and has been shown to improve smell and taste function in COVID patients who had lost those faculties. Take 500 mg by mouth twice a day. It is suggested to take curcumin with full-fat milk or another fatty food and black pepper to improve its absorption.

- **Zinc**

Take 75-100 mg by mouth daily. Zinc supplements come in different forms: zinc sulfate, zinc citrate, and zinc gluconate. All are effective, although zinc sulfate might cause stomach upset. Take zinc with hydroxychloroquine to improve HCQ efficacy. (*OrthoMune contains Zinc*)

- **Aspirin**

Research shows that people who take aspirin when symptoms appear have reduced mortality. Take 325 mg by mouth daily to reduce the risk of blood clots. Caution: Do NOT take aspirin if you have a bleeding disorder or an allergy to ibuprofen.

- **Kefir and Bifidobacterium Probiotics**

Probiotics support the immune system and help the body fend off viruses. Regularly eat and drink probiotic-rich products. Choose items with no added sugar or fruit jellies, gluten-free, casein-free, and soy-free to avoid inflammation. Items with more than one strain of lactobacillus and bifidobacteria will give the most benefit.

- **Vitamin C**

Take 500-1000 mg by mouth twice a day. (*OrthoMune contains Vitamin C*)

- **Pulse Oximeter**

Monitoring blood oxygenation with a home pulse oximeter is recommended in symptomatic patients. Take multiple readings throughout the day and watch for trends. It is considered an ominous sign if saturation levels are trending down. If your oxygen levels are less than 94%, immediately seek care with a healthcare provider or go to an emergency room for evaluation.

How to Use a Pulse Oximeter:

- Only accept values with a strong pulse signal
- Observe readings for 30-60 seconds
- Ensure fingers are warm before taking a reading
- Use the middle or ring finger when possible





SECOND LINE SUPPORTIVE THERAPIES

Add the following treatments if symptoms last more than 5 days, there's a poor response to first-line therapies, or there are significant coexisting health conditions.

- **Vitamin D3**

There is some evidence that supplementing with high-dose vitamin D3 (calcifediol) can improve oxygenation and lower mortality rates in COVID patients. Please refer to the chart below for dosing information.

Vitamin D3 Dosing Chart

Body Weight	Calcifediol (mg)	If Calcifediol unavailable, D3 Bolus
15-21 lbs (7-9.5 kg)	0.1	20,000
22-30 lbs (10-13.5 kg)	0.15	35,000
31-40 lbs (14-18 kg)	0.2	50,000
41-50 lbs (18.5-22.5 kg)	0.3	60,000
51-60	0.4	64,000
61-70 lbs (27.5-31.75 kg)	0.5	100,000
71-86 lbs (32-39 kg)	0.6	150,000
87-100 lbs (39.5-45.5 kg)	0.7	200,000
101-150 (40-68 kg)	0.8	250,000
151-200 lbs (68.5-91 kg)	1.0	300,000
201-300 lbs (91.5-136 kg)	1.15	400,000
>301 lbs (>136.5 kg)	2.0	500,000

- **B Complex Vitamins**

B vitamins play an important role in keeping the immune system healthy. Take B Complex Vitamins daily as directed on the bottle.

- **N-acetyl-cysteine (NAC)**

Take 600-1200 mg by mouth twice a day.

- **Omega-3 fatty acids**

Supplementation with omega-3 fatty acids can reduce the duration of COVID symptoms, decrease the risk of kidney and lung complications, and reduce mortality. Take 4 g by mouth daily.

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Emergency Covid-19 Kit - Important Information

We are providing you with this Emergency Covid-19 Medication Kit, which contains vital medications intended for use in emergency situations where access to a healthcare provider is unavailable. This kit is a precautionary measure designed to ensure your safety during unprecedented and unforeseen circumstances.

Intended Use: This kit is meant solely for emergency situations when you cannot connect with a healthcare provider. It is NOT intended for self-diagnosis and treatment under regular circumstances.

Exclusive Usage: The medications within this kit are prescribed specifically to you and are intended only for your use. It is illegal and dangerous to transfer or share any medication from this kit with another individual. Federal law strictly prohibits this.

Guideline Adherence: Please utilize the medications as per the guidebook included in the kit. Following the guidebook's instructions will ensure safe and appropriate usage.

Allergy Precautions: If you have a known allergy or have previously experienced adverse reactions to any medication, it is crucial that you avoid using those medications.

Azithromycin: Do not use if you have an allergy to macrolides.

Doxycycline: Do not use if you are allergic to tetracycline.

NOTE: Due to potential drug shortages or medication allergies, Azithromycin may be substituted for Doxycycline as the preferred antibiotic. If Budesonide for nebulizer is not available, two medications will be substituted for it; Albuterol vials for nebulizer and an oral anti-inflammatory steroid pack of methylprednisolone tablets.

For all other medications: Please consult the guidebook for details on drug classes and associated allergic reactions. Your health and safety are of utmost importance. If you suspect you might be allergic to any medication in this kit, do not take it. It is crucial to note that any drug can cause an allergic or adverse reaction, even if it's rare or if the individual hasn't had a reaction in the past. Discussing any known allergies or previous adverse reactions with a healthcare professional (when possible) is important.

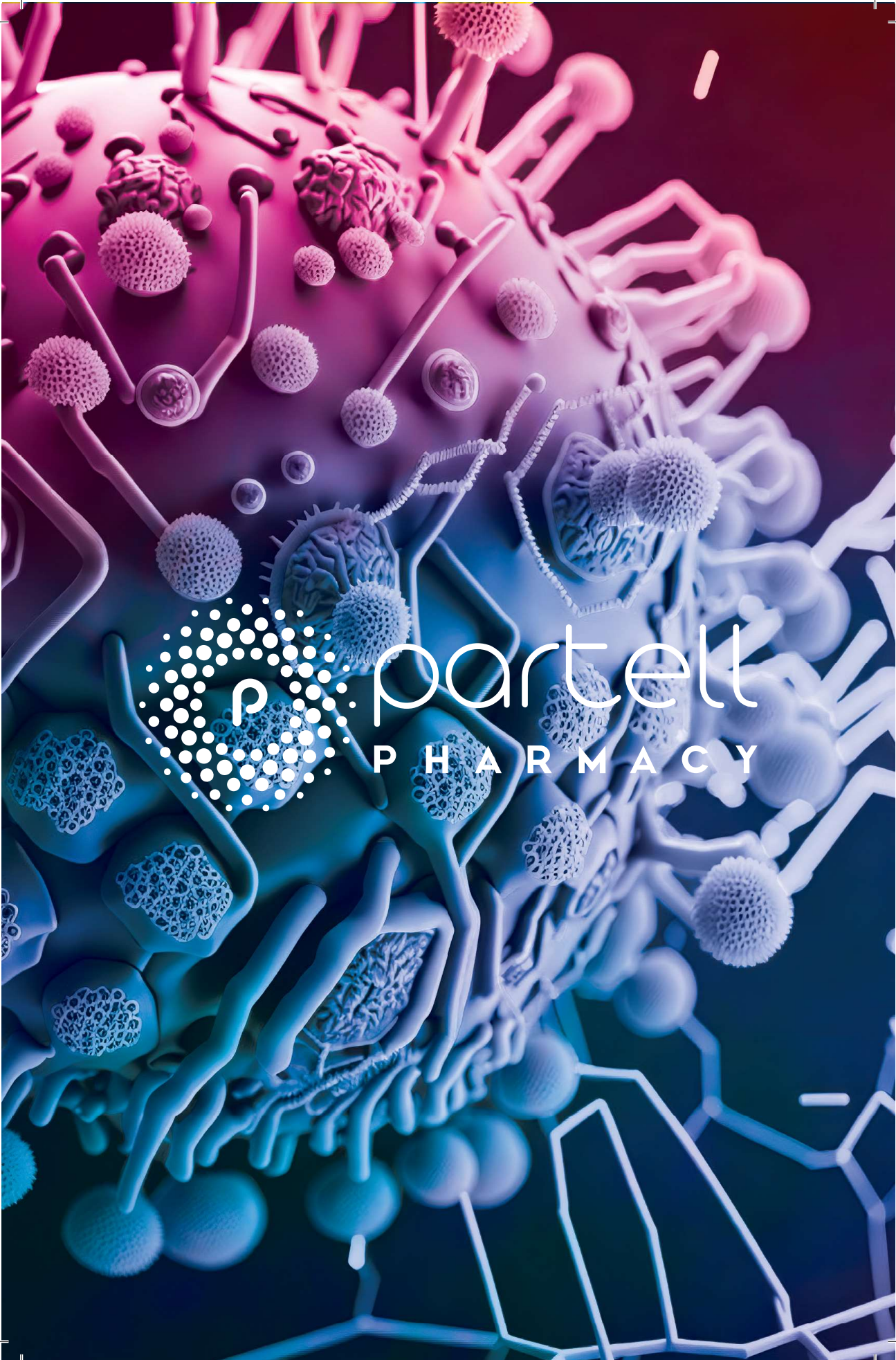
ASSUMPTION OF LIABILITY: By accepting and utilizing this Emergency Preparedness Medication Kit, you acknowledge and assume full responsibility and liability related to the use of any of its products. It is your responsibility to ensure the medications are used safely and appropriately. We urge you to use this kit responsibly and with the utmost care. Should you have any doubts or concerns about any medication in this kit, please reach out to a healthcare provider or pharmacist if accessible.

Azithromycin is substituted for Doxycycline if there is an allergy to Doxycycline or tetracycline antibiotics. If Budesonide is unavailable, Albuterol for nebulizer will be substituted for it and the oral anti-inflammatory steroid methylprednisolone will be added to the kit.

Stay safe and be prepared.

Phone: (702) 791-3800 | Fax: (702) 791-3630
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Partell Covid Kit Guidebook



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