

COVID19 PCR TESTING, TREATMENT AND PREVENTION

The PCR test and treatment for Covid19.

Considering the following facts:

1. The PCR test does not detect the virus but the genetic material of the virus.
2. Because of No 1 above, the test may remain positive many weeks after you have healed.
3. 90% of the people with Covid19 are not developing symptoms yet they heal and seem to develop immunity.
4. The PCR test has a 30% false negative rate. This means that you could have Covid19 and yet your test is negative!

A: Everyone with symptoms of Covid19 should be treated for Covid19 even if their test is negative!

B: Don't bother repeating your test after treatment. It can remain positive even though you don't have any active virus in you and you have healed from Covid19.

C: If you do a test as a routine or when required by your office and it is positive but you don't have symptoms, you don't need treatment for Covid19!

Outpatient treatment protocol using Ivermectin for an adult with Covid19.

a) NB: Ivermectin should not be taken by a pregnant/breastfeeding mother. For these, I shall propose a different protocol.

b) The protocols may change with time due to evolving experience and/or new evidence.

1. Ivermectin 12mg dissolved in half a glass of water, then repeat another 12mg in 5 days.
2. Azithromycin 500 mg once a day for 3 days.
3. Vit D3 60,000 iu weekly for two weeks. (may be different based on the dose of the Vitamin D3 available)
4. Steaming twice a day for 7 days using plain water. Take 10 deep breaths through the mouth and out through the nose and another 10 breaths this time through the nose and out through the mouth.
5. Paracetamol 1gm 4 times a day for three days if in pain or feverish.

6. Monitor oxygen levels twice a day using a finger pulse oximeter. If they drop below 90% go to hospital urgently for admission and inpatient treatment as you may need oxygen support.

Preventive treatment for persons with higher risks of developing sever Covid19 infections.

This includes:

1. 60+ years old
2. HIV/AIDS
3. Cancer
4. Chronic illness e.g. Diabetes, Hypertension, kidney failure, heart diseases etc.

A. Ivermectin 12mg dissolved in half a glass of water and taken after a meal weekly for four weeks. This covers them for an additional 8 weeks without taking any more Ivermectin. By then, the crisis will be over.

B. Vit D3 60,000 iu weekly for one month. (may be different based on the dose of the Vitamin D3 available)

C. If in the same house as a person on treatment for Covid19, add steaming using plain water twice a day for 7 days. Take 10 deep breaths through the mouth and out through the nose and another 10 breaths this time through the nose and out through the mouth.

Covid19 treatment for pregnant and breast-feeding mothers.

1. Hydroxychloroquine 200mg twice a day for 7 days.
2. Zinc 40 or 50 mg depending on available formulation once a day for 7 days.
3. Azithromycin 500 mg once a day for 3 days.
4. Vit D3 60,000 iu weekly for two weeks. (may be different based on the dose of the Vitamin D3 available)
5. Steaming using plain water twice a day for 7 days. Take 10 deep breaths through the mouth and out through the nose and another 10 breaths this time through the nose and out through the mouth.
6. Paracetamol 1gm 4 times a day for three days if in pain or feverish.

7. Monitor oxygen levels twice a day and if they drop below 90% go to hospital urgently for admission and inpatient treatment as you may need oxygen support.

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