



# 🛡️ Emergency Medicine (EM) Protocol for the Alleviation and Initial Treatment of Mild and Serious Symptoms of COVID19

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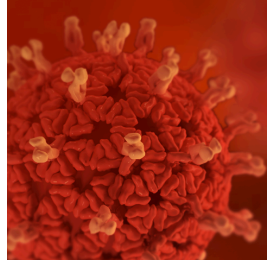
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## Abstract

### SYSTEMIC RESILIENCE UNIT

In the absence of adequate medical care due to shortage of staff and facilities, as the spread of Covid19 virus claims reaches unprecedented spread rate and death toll, medical facilities and staff are not adequate to supply the necessary care to the wider population.

Extreme measures are necessary to avoid the loss of life among the elderly and those who do not have access to adequate care facilities and medications.

This EM protocol adopts antiviral and anti-inflammatory remedies used in Traditional Medicine worldwide, it is being released for general adoption. A clinical trial based on this protocol initiated.

Clinical references are provided. Although the effectiveness of this protocol so far is sporadic and anecdotal, the treatments it contains come with no known serious contraindications, If not successful, it will not be harmful (unless patients have specific allergies or adverse reactions or aggravating conditions to the natural compounds in the treatment).

The protocol is intended to serve as interim measure until a vaccine is found or professional medical care is available.

## Attachments



[EMCOVID.pdf](#)

56KB

## Guidelines

### Clinical/Medical references:

Camphor

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6194496/>

Propolis antiviral properties

[www.ncbi.nlm.nih.gov/pubmed/19472427](https://www.ncbi.nlm.nih.gov/pubmed/19472427)

Thymol

[https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-thymus-vulgaris-l-vulgaris-zygis-l-herba\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-thymus-vulgaris-l-vulgaris-zygis-l-herba_en.pdf)

Clove

<https://aem.asm.org/content/80/16/4898>

Eucalyptus

<https://www.tandfonline.com/doi/full/10.1080/02786826.2012.708948>

Tea tree (Melaleuca)


<https://www.ncbi.nlm.nih.gov/pubmed/21095205>

<https://clinicaltrials.gov/ct2/show/NCT02765295>

[www.sciencedaily.com/releases/2011/05/110516141546.htm](https://www.sciencedaily.com/releases/2011/05/110516141546.htm)

## Materials

### MATERIALS

 Linen Seed

 Hydrogen Peroxide

### ANTIVIRAL COMPOUNDS, ORAL ADMINISTRATION

Camphor (extract, camphor oil) 10 mg

Thymol (tincture, essential oil) 3 mg

Propolis (tincture or other extract) 10 mg

### ALTERNATIVE ANTIVIRAL PLANT EXTRACTS

Clove Extract/Tincture/Essential Oil

Eucalyptus Tincture/Extract/Essential Oil

Melaleuca alternifolia (tea tree)



## Safety warnings

! Natural antiviral compounds and hydrogen peroxide prescribed in this EM protocol are safe if administered with the right precautions, but can be toxic and possibly lethal if not suitably handled or administered undiluted or in excessive quantity. Always dilute the compounds to the lowest possible concentration, and administer often (once an hour). Monitor the improvement, If no improvement is recorded within 48 hours, discontinue the treatment.

## Before start

### **SITUATION:**

During Covid19, no access to medication or medical facilities with respirators, patient starts showing symptoms of possible Covid 19 infection, including fever and shortness of breath.

### **PATIENT CONDITION:**

Early, mild or serious Covid19 symptoms

Fever (above 38)

Shortness of breath

Extreme weakness

Pulmonary failure






Loss of consciousness




## Action

- 1 Place the patient lying down on the side, in a ventilated room.
- 2 Administer antiviral compounds orally and complementary treatment including heat compress and aerosol until medical care can be given.

## Antiviral Compounds, Oral Administration

- 3 Dissolve the following compounds in  30 cc glucose, dissolved sugar or honey :
  -  10 mg Camphor (extract, camphor oil)
  -  3 mg Thymol (tincture, essential oil)
  -  10 mg Propolis (tincture or other extract)
- 4 Administer the dissolved compounds prepared in step 3 once every  01:00:00 , until symptoms improve.

## To Improve Breathing

- 5 Induce the expulsion of phlegm from the lungs by applying to the chest a poultice made of linen seed cooked in boiling water for  00:05:00 .

In the absence of linen seed apply hot compresses to upper chest (hot stones, hot sand, hot rice bags).

### Note

This will induce the fluidification and expulsion of the phlegm that is preventing the pulmonary absorption of oxygen.

## Respiratory Failure

- 6 In the absence of mechanical respiratory support devices, attempt the increase of oxygen concentration by administering water as aerosol solution increased with hydrogen.



- 7 Using an aerosol dispenser/vaporizer make a solution of hydrogen peroxide (any volume below 5%) with water and inhale. If solution is concentrated at higher volume of Hydrogen (say above 3%) increase the amount of water accordingly (dilute the hydrogen to less than 3%).
- 8 In the absence of aereosols, inhale vapors from a vessel of steaming water and hydrogen peroxide solution (10:3).