FLCCC ALLIANCE

ADJUNCTIVE THERAPIES

COVID-19 HOME INTERVENTIONS TO REDUCE VIRAL LOAD

Prevention • Post-Exposure • Symptomatic Patients

Use a Mouthwash 2x per day

Choose any mouthwash with:
Cetylpyridinium Chloride(CPC):

- ACT™
- Scope™
- Crest™

Gargle, do not swallow

Or choose an essential oil based mouthwash like Listerine™ made from:

- Thymol (thyme)
- Menthol
- Eucalyptus

Post-Exposure • Symptomatic Patients

Nose Spray

- Use commercially available nose spray with 1% povidone-iodine
- Use 2-3x day
- Pregnant? check first with your healthcare provider, do not use longer than 5 days

Nose Drops

- Commerical 10% povidone iodine MUST FIRST BE DILUTED!
- First pour 1½ tablespoons (25 ml) of 10% povidone/iodine solution into a nasal irrigation bottle of 250 mL
- Then fill to top with distilled, sterile or previously boiled water
- Tilt head back, apply 4-5 drops to each nostril. Keep tilted for a few minutes, let drain.
- 4-5 drops, 4-5x per day, no longer than 5 days in pregancy