



Long Covid Advocacy

Key Sources

Covid Emergency Box - Interventions & Medications

Not every study is listed but links to meta analyses & where they are listed are where possible. In alphabetical order.

Interventions

Reducing Viral Load - Isolate in Household (Keep others safe)

[Viral load and risk of infection matters when exposed to Covid](#)

[Viral dynamics in mild and severe cases of COVID-19](#)

[Behavioral factors and SARS-CoV-2 transmission heterogeneity within a household cohort in Costa Rica](#)

["I have COVID! What should my kids and I take to reduce chances of severe illness and Long COVID?"](#)

Cetylpyridinium Chloride Mouthwash

5 Key Studies

[A Mouthwash with Cetylpyridinium Chloride is reducing salivary SARS-CoV-2 viral load in +COVID-19](#)

[Effect of oral antiseptics in reducing SARS-CoV-2 infectivity: evidence from a randomized double-blind clinical trial](#)

[Preprocedural Viral Load Effects of Oral Antiseptics on SARS-CoV-2 in Patients with COVID-19: A Systematic Review](#)

[Salisbury Hospital COVID-19 Mouth Care Guidance](#)

[The In Vitro Virucidal Effects of Mouthwashes on SARS-CoV-2](#)



Iota-Carrageenan Nasal Spray

[1 Study](#) “Statistically significant lower risk for cases.”

[Efficacy of a nasal spray containing Iota-Carrageenan in the prophylaxis of COVID-19 in hospital personnel dedicated to patients care with COVID-19 disease A pragmatic multicenter, randomized, double-blind, placebo-controlled trial \(CARR-COV-02\).](#)

Respirator Masks FFP3/N95

5 Key Studies

[Effectiveness of Face Mask or Respirator Use in Indoor Public Settings for Prevention of SARS-CoV-2 Infection — California, February–December 2021](#)

[Efficacy of FFP3 respirators for prevention of SARS-CoV-2 infection in healthcare workers](#)

[Association Between K–12 School Mask Policies and School-Associated COVID-19 Outbreaks — Maricopa and Pima Counties, Arizona, July–August 2021](#)

[School Masking Policies and Secondary SARS-CoV-2 Transmission](#)

[N95 respirator and surgical mask effectiveness against respiratory viral illnesses in the healthcare setting: A systematic review and meta-analysis](#)

Nasal Saline Rinse

5 Key Studies

[Rapid initiation of nasal saline irrigation to reduce severity in high-risk COVID+ outpatients](#)

[Saline nasal irrigation and gargling in COVID-19: a multidisciplinary review of effects on viral load, mucosal dynamics, and patient outcomes](#)

[Review of the use of nasal and oral antiseptics during a global pandemic](#)

[Could nasal irrigation and oral rinse reduce the risk for COVID-19 infection?](#)



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[Efficacy and Safety of Saline Nasal Irrigation Plus Theophylline for Treatment of COVID-19-Related Olfactory Dysfunction: The SCENT2 Phase 2 Randomized Clinical Trial](#)

Nitric Oxide

[10 Studies](#) “Statistically significant lower risk is seen for [cases](#) and [viral clearance](#). 4 studies from 3 independent teams in 3 countries show statistically significant improvements.”

[SARS-CoV-2 accelerated clearance using a novel nitric oxide nasal spray \(NONS\) treatment: A randomized trial](#)

Rest

Do not exercise - [Tom Bunker](#)

[Why You Should Rest—a Lot—if You Have COVID-19](#)

Testing

[First Swab throat, cheek & gum THEN the nose](#)

[You are contagious](#) until you test negative for Covid (if you've tested positive)

Ventilation - Air Cleaning Units/HEPA

[Extensive list of references can be found HERE](#)

Medications

Anti-Histamines

5 Key Studies

[Covid-19 Histamine theory: Why antihistamines should be incorporated as the basic component in Covid-19 management?](#)

[Antihistamines as an early treatment for Covid-19](#)



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[Existing antihistamine drugs show effectiveness against COVID-19 virus in cell testing](#)

[Identification of antiviral antihistamines for COVID-19 repurposing](#)

[Histamine Potentiates SARS-CoV-2 Spike Protein Entry Into Endothelial Cells](#)

[Highly Specific Sigma Receptor Ligands Exhibit Anti-Viral Properties in SARS-CoV-2 Infected Cells](#)

Famotidine

[28 Studies](#) of Famotidine "Statistically significant lower risk is seen for [mortality](#), [hospitalization](#), [recovery](#), and [viral clearance](#). 14 studies from 14 independent teams in 7 countries show statistically significant improvements."

5 Key Studies

[Oral famotidine versus placebo in non-hospitalised patients with COVID-19: a randomised, double-blind, data-intense, phase 2 clinical trial](#)

[Histamine-2 Receptor Antagonists and Proton Pump Inhibitors Are Associated With Reduced Risk of SARS-CoV-2 Infection Without Comorbidities Including Diabetes, Hypertension, and Dyslipidemia: A Propensity Score-Matched Nationwide Cohort Study](#)

[Role of H2 receptor blocker famotidine over the clinical recovery of COVID-19 patients: A randomized controlled trial](#)

[Role of Famotidine and Other Acid Reflux Medications for SARS-CoV-2: A Pilot Study](#)

[Impact of Famotidine Use on Clinical Outcomes of Hospitalized Patients with COVID-19 in Taiwan: A Retrospective Study](#)

Aspirin

[69 Studies](#) "Statistically significant lower risk is seen for [mortality](#) and [progression](#). 26 studies from 24 independent teams in 11 countries show statistically significant improvements."

5 Key Studies

[Real-world evidence for improved outcomes with histamine antagonists and aspirin in 22,560 COVID-19 patients](#)

[211 Aspirin is associated with lower risks of severe covid-19 disease: a population-based study](#)



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[COVID-19 outcomes in patients taking cardioprotective medications](#)

[Effect of low dose acetylsalicylic acid and anticoagulant on clinical outcomes in COVID-19, analytical cross-sectional study](#)

[Aspirin Therapy on Prophylactic Anticoagulation for Patients Hospitalized With COVID-19: A Propensity Score-Matched Cohort Analysis of the HOPE-COVID-19 Registry](#)

Curcumin

[26 Studies](#) “Statistically significant lower risk is seen for [mortality](#), [ventilation](#), [hospitalization](#), [progression](#), [recovery](#), and [viral clearance](#). 18 studies from 16 independent teams in 8 countries show statistically significant improvements.”

5 Key Studies

[Efficacy of Nanocurcumin as an Add-On Treatment for Patients Hospitalized with COVID-19: A Double-Blind, Randomized Clinical Trial](#)

[The possible therapeutic role of curcumin and quercetin in the early-stage of COVID-19—Results from a pragmatic randomized clinical trial](#)

[The effect of curcumin on the risk of mortality in patients with COVID-19: A systematic review and meta-analysis of randomized trials](#)

[Curcumin as adjuvant Therapy in Mild - Moderate Covid 19](#)

[Promising clinical outcomes of nano-curcumin treatment as an adjunct therapy in hospitalized COVID-19 patients: A randomized, double-blinded, placebo-controlled trial](#)

EGCG

5 Key Studies

[EGCG, a green tea polyphenol, inhibits human coronavirus replication *in vitro*](#)

[Plasma-kinetic characteristics of purified and isolated green tea catechin epigallocatechin gallate \(EGCG\) after 10 days repeated dosing in healthy volunteers](#)

[Protective Effect of Epigallocatechin-3-Gallate \(EGCG\) in Diseases with Uncontrolled Immune Activation: Could Such a Scenario Be Helpful to Counteract COVID-19?](#)



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[Potential protective mechanisms of green tea polyphenol EGCG against COVID-19](#)

[An Overview on the Potential Roles of EGCG in the Treatment of COVID-19 Infection](#)

Avoid with Paxlovid, Colchine

EPA

5 Key Studies

[Reduction of Cardiovascular Events With Icosapent Ethyl—Intervention Trial - REDUCE-IT](#)

[Omega-3 and omega-6 fatty acids have distinct effects on endothelial fatty acid content and nitric oxide bioavailability](#)

[EPA and DHA containing phospholipids have contrasting effects on membrane structure](#)

[Eicosapentaenoic acid inhibits glucose-induced membrane cholesterol crystalline domain formation through a potent antioxidant mechanism](#)

[The Omega-3 Index is Inversely Associated with the Neutrophil-Lymphocyte Ratio in Adults](#)

Lactoferrin

[7 Studies](#) "Meta analysis using the most serious outcome reported shows [22% \[-33-54%\] lower risk](#), without reaching statistical significance. Results are worse for [Randomized Controlled Trials](#) and [higher quality studies](#). Early treatment is more effective than late treatment."

5 Key Studies

[Hen egg white bovine colostrum supplement reduces symptoms of mild/moderate COVID-19: a randomized control trial](#)

[Liposomal Lactoferrin Exerts Antiviral Activity against HCoV-229E and SARS-CoV-2 Pseudoviruses In Vitro](#)

[Evaluation of SARS-CoV-2 isolation in cell culture from nasal/nasopharyngeal swabs or saliva specimens of patients with COVID-19](#)

[Lactoferrin reduces the risk of respiratory tract infections: A meta-analysis of randomized controlled trials](#)



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[Inhibition of SARS Pseudovirus Cell Entry by Lactoferrin Binding to Heparan Sulfate Proteoglycans](#)

Melatonin

[18 Studies](#) "Statistically significant lower risk is seen for [mortality](#), [ventilation](#), and [recovery](#). 9 studies from 9 independent teams in 5 countries show statistically significant improvements."

5 Key Studies

[Efficacy and safety of oral melatonin in patients with severe COVID-19: a randomized controlled trial](#)

[A Review of the Potential Effects of Melatonin in Compromised Mitochondrial Redox Activities in Elderly Patients With COVID-19](#)

[Melatonin as adjuvant treatment in COVID-19 patients. A meta-analysis of randomized and propensity matched studies](#)

[The safety and efficacy of melatonin in the treatment of COVID-19: A systematic review and meta-analysis](#)

[The Effect of Melatonin on Thrombosis, Sepsis and Mortality Rate in COVID-19 Patients](#)

Metformin

[75 Studies](#) "Statistically significant lower risk is seen for [mortality](#), [ventilation](#), [ICU admission](#), [hospitalization](#), and [progression](#). 47 studies from 44 independent teams in 12 countries show statistically significant improvements."

5 Key Studies

[Outpatient treatment of Covid-19 with metformin, ivermectin, and fluvoxamine and the development of Long Covid over 10-month follow-up](#)

[Metformin and Covid-19: a systematic review of systematic reviews with meta-analysis](#)

[Anti-inflammatory effect of metformin against an experimental model of LPS-induced cytokine storm](#)

[Outpatient treatment of COVID-19 and incidence of post-COVID-19 condition over 10 months \(COVID-OUT\): a multicentre, randomised, quadruple-blind, parallel-group, phase 3 trial](#)



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[Metformin and Covid-19: a systematic review of systematic reviews with meta-analysis](#)

Berberine

[Metformin and berberine, two versatile drugs in treatment of common metabolic diseases](#)

Modified Citrus Pectin

[An Oral Galectin Inhibitor in COVID-19—A Phase II Randomized Controlled Trial](#)

[Potential Roles of Modified Pectin Targeting Galectin-3 against Severe Acute Respiratory Syndrome Coronavirus-2](#)

Nattokinase

5 Key Studies

[Amyloid-degrading ability of nattokinase from Bacillus subtilis natto](#)

[Nattokinase decreases plasma levels of fibrinogen, factor VII, and factor VIII in human subjects](#)

[Consumption of nattokinase is associated with reduced blood pressure and von Willebrand factor, a cardiovascular risk marker: results from a randomized, double-blind, placebo-controlled, multicenter North American clinical trial](#)

[The effects of nattokinase supplementation on collagen-epinephrine closure time, prothrombin time and activated partial thromboplastin time in nondiabetic and hypercholesterolemic subjects](#)

[Drug Interactions with Nattokinase?](#)

Nigella Satvia

[12 Studies](#) “Statistically significant lower risk is seen for [mortality](#), [hospitalization](#), [recovery](#), [cases](#), and [viral clearance](#). 9 studies from 8 independent teams in 6 countries show statistically significant improvements.”

5 Key Studies

[The effect of Nigella sativa on the risk of mortality in patients with COVID-19: A systematic review and meta-analysis of randomized trial](#)



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[The effect of Nigella sativa and vitamin D3 supplementation on the clinical outcome in COVID-19 patients: A randomized controlled clinical trial](#)

[Efficacy of a Persian herbal medicine compound on coronavirus disease 2019 \(COVID-19\): a randomized clinical trial](#)

[A Randomized, Double-Blind, Placebo-Controlled, Multicenter Study to Evaluate the Safety and Efficacy of Thymoquinone Formula \(TQF\) for Treating Outpatient SARS-CoV-2](#)

[Nigella sativa for the treatment of COVID-19: An open-label randomized controlled clinical trial](#)

Paxlovid

[List of Studies](#)

5 Key Studies

[Nirmatrelvir and the Risk of Post-Acute Sequelae of COVID-19](#)

[Real-world effectiveness of nirmatrelvir/ritonavir against COVID-19 hospitalizations and severe COVID-19 in community-dwelling elderly Singaporeans during Omicron BA.2, BA.4/5, and XBB transmission](#)

[Effectiveness of Paxlovid, an Oral Antiviral Drug, Against the Omicron BA.5 Variant in Korea: Severe Progression and Death Between July and November 2022](#)

[Effectiveness of nirmatrelvir–ritonavir in preventing hospital admissions and deaths in people with COVID-19: a cohort study in a large US health-care system](#)

[Real-world effectiveness of molnupiravir, nirmatrelvir-ritonavir, and sotrovimab on preventing hospital admission among higher-risk patients with COVID-19 in Wales: A retrospective cohort study](#)

PEA

5 Key Studies

[Palmitoylethanolamide \(PEA\) Inhibits SARS-CoV-2 Entry by Interacting with S Protein and ACE-2 Receptor](#)



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[The Use of Palmitoylethanolamide in the Treatment of Long COVID: A Real-Life Retrospective Cohort Study](#)

[Ultramicronized Palmitoylethanolamide \(um-PEA\): A New Possible Adjuvant Treatment in COVID-19 patients](#)

[Micronized / ultramicronized palmitoylethanolamide \(PEA\) as natural neuroprotector against COVID-19 inflammation](#)

[Effects of Ultramicronized Palmitoylethanolamide \(um-PEA\) in COVID-19 Early Stages: A Case-Control Study](#)

Shuanghuanglian

[Anti-SARS-CoV-2 activities in vitro of Shuanghuanglian preparations and bioactive ingredients](#)

[Effects of Shuanghuanglian oral liquids on patients with COVID-19: a randomized, open-label, parallel-controlled, multicenter clinical trial](#)

[The efficacy of traditional Chinese medicine in the treatment of the COVID-19 pandemic in Henan Province: a retrospective study](#)

[A bibliometric analysis of research related Chinese Medicine in the prevention and treatment of corona virus disease 2019](#)

Stephen Buhner Covid Protocol

Vitamin C

[65 Studies](#) “Statistically significant lower risk is seen for [mortality](#), [ICU admission](#), [hospitalization](#), and [recovery](#). 22 studies from 22 independent teams in 12 countries show statistically significant improvements”

5 Key Studies

[Therapeutic effects of high-dose vitamin C supplementation in patients with COVID-19: a meta-analysis](#)

[Impact of high-dose vitamin C on the mortality, severity, and duration of hospital stay in COVID-19 patients: A meta-analysis](#)



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[Pharmacologic Ascorbic Acid as Early Therapy for Hospitalized Patients with COVID-19: A Randomized Clinical Trial](#)

[The effect of supplementation with vitamins A, B, C, D, and E on disease severity and inflammatory responses in patients with COVID-19: a randomized clinical trial](#)

[Effects of high dose vitamin C administration in Covid-19 patients](#)

Vitamin D

[299 Studies](#) “115 treatment studies show statistically significant lower risk for [mortality](#), [ICU admission](#), [hospitalization](#), and [cases](#). 58 studies from 54 independent teams in 20 countries show statistically significant lower risk.”

5 Key Studies

[The effect of 1-hydroxy-vitamin D treatment in hospitalized patients with COVID-19: A retrospective study](#)

[Vitamin D Deficiency in COVID-19 Patients and Role of Calcifediol Supplementation](#)

[Comparison of Length of Hospital Stay and Routine Laboratory Parameters in Covid-19 Patients With and Without Serum Vitamin D Deficiency](#)

[Melatonin, vitamins and minerals supplements for the treatment of Covid-19 and Covid-like illness: a prospective, randomized, double-blind multicenter study](#)

[The Effects of 10,000 IU Vitamin D Supplementation on Improvement of Clinical Outcomes, Inflammatory and Coagulation Markers in Moderate COVID-19 Patients: A Randomized-Controlled Trial](#)

If you are taking any medication please talk to your medical provider to check for contraindications

If you have Covid and are worried about your symptoms please contact a HCP immediately

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