

# I-CARE<sup>SM</sup>

## FOR KIDS

### A Parent's Guide to Prevention and Early COVID Treatment for Children

Most children with COVID-19 handle the virus well and recover fully. Despite a lot of fear-mongering, COVID is not a deadly disease for most children. In fact, data show that the death rate is extremely low in patients under 17 years old. This guide aims to help you understand the real risks and know how to respond. The best thing you can do is focus on making sure your child is healthy overall and that their immune system is strong and robust.

### RECOMMENDED THERAPIES

dosage varies based on size and age of child; see I-CARE for Kids protocol for full details

- **Vitamin D:** Adequate Vitamin D levels help our bodies fight inflammation and boosts immunity.
- **Vitamin C:** An excellent antiviral that protects against a wide variety of viruses including COVID-19.
- **Vitamin A:** Found in red, yellow, and orange vegetables and a main component in cod liver oil.
- **Zinc:** Strengthens innate and adaptive immunity and inhibits the virus from entering cells.
- **Ibuprofen:** Reduces fever, treats aches, and fights inflammation. Do not use for low-grade fever.
- **Quercetin:** Kills the virus, and is a potent antioxidant and anti-inflammatory.
- **Probiotics:** Helps train the immune system to attack pathogens (rather than itself).
- **Ivermectin:** Clinical experience shows ivermectin to be safe and effective in children.
- **Melatonin:** A potent antioxidant with important anti-inflammatory effects.
- **Essential oils:** Do not ingest; diffuse in the room or apply topically to the skin.

### FOR SPECIAL CIRCUMSTANCES

- **Hydroxychloroquine:** Not needed in most cases; decision to use in selected high-risk individuals would involve informed consent discussions between the clinician and family.
- **Azithromycin:** Acts as a zinc ionophore; little in the published literature about COVID and azithromycin and children.
- **Asthma medications:** Children with asthma are at higher risk of complications from COVID infection. When COVID is circulating, it is wise to make sure that your asthmatic child keeps taking any controller medications (such as inhaled steroids) and has refills of any rescue medications (like albuterol).
- **N-acetyl cysteine (NAC):** Helps promote detoxification.
- **Omega-3 essential fatty acids:** Excellent anti-inflammatories.
- **Mouthwashes and nasal sprays:** Have not been studied in children with SARS-CoV2.

### NOT ROUTINELY RECOMMENDED

- **Acetaminophen in repeated doses**
- **Antihistamines**
- **Antibiotics early in the illness**
- **Decongestants**
- **Cough suppressants**
- **Aspirin for fever**

### What to do when your child has COVID

Lifestyle measures like excellent nutrition, good sleep, and being exposed to pets and good old-fashioned dirt will help modulate a child's immune system so they can appropriately respond to viruses and infectious agents.

We also recommend:

- Regular handwashing with soap and water: Upper respiratory viruses are often spread when a child touches infectious material and then touches their nose or eyes, inoculating themselves with the virus. Frequent handwashing can interrupt this cycle.
- Playing outside in nature: The chance of catching a virus when playing outside is negligible. Spending time in nature is crucial to a child's health, development, and mental well-being.

### What NOT to do when your child has COVID

- Don't panic! Most children usually experience COVID as a mild upper respiratory infection. Many will have no symptoms.
- Don't isolate except when acutely ill.
- Don't mask your child, as masks are not effective in limiting cases of COVID and can have negative effects.



**Fun fact:  
Your kid probably already had COVID**

According to the CDC, by October 2022 **more than 95% of children** had COVID-19 antibodies.

**Give zinc with food**



*Zinc supplements can make children feel nauseous if given on an empty stomach.*

**6 foods containing quercetin**



onion (red and yellow contain the most!)

apple (eat it unpeeled - apple juice doesn't count!)

cherry tomatoes

kale

blueberries!

broccoli

**Turn gargling and nose sprays into a game!**



1. Have a gargle contest to see who "wins" (Hint: When enough time has passed, you can spit out and "lose")
2. Practice "sniffing" together before doing a nasal rinse. Reward for compliance!
3. (Some kids think it's interesting how a rinse can go in one nostril and out the other)
4. Give choices (e.g., do you want to gargle before or after we read a book?)

**Disclaimer**

The I-CARE: for Kids protocol is meant solely for educational purposes regarding potentially beneficial treatment approaches for COVID-19 in children.

Never disregard professional medical advice because of something you have read on our website and releases. This is not intended to be a substitute for professional medical advice, diagnosis, or treatment regarding any patient.

Treatment for an individual patient is determined by many factors and thus should rely on the judgment of your pediatrician or qualified healthcare provider. Always seek their advice with any questions you may have regarding your medical condition or health.

Please note our full disclaimer at: [www.flccc.net/disclaimer](http://www.flccc.net/disclaimer)

**Support FLCCC**

The FLCCC Alliance is a 501c3 non-profit organization.

We are 100% donor funded.

Your donations directly support FLCCC Alliance research, education, translation, advocacy and outreach efforts.

Please visit [flccc.net/donate](http://flccc.net/donate)

**FOLLOW FLCCC ON SOCIAL!**

