

Healthcare Toolkit

- Iodine solution for gargles, mouth wash and nasal sprays
- Iodised Salt (containing iodine) for gargles, mouth wash and nasal sprays
- Vitamin D
- Vitamin C
- Elemental Zinc
- Quercetin
- HCQ (this may not be possible to obtain due to TGA regulations)
- Citric Acid
- Sodium Chlorite (not sodium chloride which is salt)
- Distilled water
- Ivermectin tablets / paste with no other active ingredients
- Aspirin
- Panadol
- Electrolyte drinks like Hydralite, Berocca
- Thermometer to measure temperature
- Heart Pulse Oximeter to measure pulse rate and blood oxygen saturation
- Syringe for measuring quantities
- Nasal mist sprayer (you can buy cheap saline sprayers at supermarkets)