



## Position Paper on the Use of Ivermectin for COVID-19 September 21, 2021

As medical professionals, we must heed the advice and recommendations of organizations that govern or guide the practice of medicine as they become available. The use of ivermectin as a prophylactic to prevent COVID-19 or in the early treatment of COVID-19 has become prevalent and is now being examined closely by these organizations. There is an abundance of research being conducted on the efficacy of the use of ivermectin in the fight against COVID-19. Unfortunately, there have been cases of inappropriate use of ivermectin, and claims made regarding its use that are not substantiated. Further, the media has created a firestorm with a deluge of misinformation and sensationalized stories regarding this medication.

Essential Health continues to follow the guidelines and protocols developed by the Front Line COVID-19 Critical Care Alliance (FLCCCA) to assist in the fight against the transmission COVID-19. Ivermectin is part of these protocols, but we must be clear that the research being conducted or compiled by FLCCCA does not support the use of ivermectin as a stand-alone therapy, nor does it support ignoring the commonsense recommendations of organizations such as the Centers for Disease Control. Our position – based on research and information that is available at this time – is that the FLCCCA protocol combined with the recommendations below has a strong chance of helping our patients avoid or minimize the impact of COVID-19.

Please review this information to support your decision regarding the use of ivermectin:

1. Ivermectin has been under study and increased use since late 2019 for use as a prophylactic and an early treatment option to combat COVID-19. However, it is not specifically approved by the FDA for use against COVID-19 in either setting.
2. The North Carolina Department of Health & Human Services (NCDHHS) and the Centers for Disease Control (CDC) indicate the data are insufficient to prove that ivermectin is effective against COVID-19. Clinical studies are underway. More information about those ongoing studies may be found here: [Home - FLCCC | Front Line COVID-19 Critical Care Alliance \(covid19criticalcare.com\)](#) and here: [Home - ClinicalTrials.gov](#).
3. If you choose to use ivermectin to combat COVID-19:
  - a. Never consume or utilize ivermectin products intended for veterinary use.
  - b. Do not ingest solutions or compounds that contain ivermectin but are intended for topical (external) use only.
  - c. Only use human-grade ivermectin through a prescription and guidance from a licensed medical provider who knows your medical history and is using currently available dosing data.
  - d. Never self-dose or consume large amounts of ivermectin.
4. The use of ivermectin should not be considered as a replacement for CDC recommendations for COVID-19 which include:
  - a. Get vaccinated. Pfizer, Moderna and the Johnson and Johnson are safe, and FDA approved.
  - b. The current vaccines are safe – this does not imply there will be “zero” complications
  - c. The current vaccines are effective – this does not mean that all vaccinated patients will be immune from getting COVID. There are and will be “breakthrough” cases.
  - d. Practice social distancing.
  - e. Wear a mask in public or when in close proximity to people outside your home.
  - f. Wash or disinfect your hands frequently.
5. The best defense against any virus is a strong immune system. Regular exercise, stress reduction, a healthy diet, appropriate supplements, and sufficient sleep will all contribute to an immune system that is better prepared to minimize the impact of COVID-19.