Good news and important information about Covid-19

**Children are at very low risk from covid**

Children are unlikely to experience severe covid symptoms. For both prevention and treatment you can support their immune systems and treat symptoms as you would usually do for colds and flu.

**Natural immunity is the best!**

We know that natural immunity gives you the best protection against coronavirus and its variants. Viruses mutate constantly and the variants differ from each other by a very small amount. The good news is your immune system recognises all the variants as being the same. If you have had Covid-19 you do not need a vaccination.

**There are safe, effective treatments for Covid-19**

Please see the suggestions overleaf and do share with your family and friends. These have been extremely successful in many parts of the world reducing hospitalisations and death rates dramatically.

The World Council for Health includes top scientists, immunologists, doctors, researchers and human rights lawyers. We are dedicated to improving health choices for all. worldcouncilforhealth.org Telegram: @wch_org
You can help prevent and treat Covid-19 at home

There are growing questions about Covid-19 policies. These include concerns about vaccine safety and effectiveness as well as PCR testing that overstates the case numbers.

We offer you a common-sense and effective approach to treatment and prevention using safe, long-established and low-cost supplements and medicines.

Covid Essentials*
For early treatment at home.

- **Vitamin C** - Up to 1000mg hourly
  Essential for immune system function.

- **Vitamin D3** - 4000iU daily
  Essential for immune system function.

- **Zinc (elemental)** - 30mg once daily
  Vital for immune system function. Stops viral reproduction in cells.

- **Antihistamines** - (as directed on pack)
  Helps prevent allergic immune response to the spike protein

- **Aspirin** – 300mg daily
  Reduces risk of blood clotting and relieves pain and inflammation.

- **Anti-viral Nasal Spray & Mouthwash**
  Reduces viral load.

- **Multivitamins**
  incl. Zinc, Selenium, Magnesium

And good to have too...

- **Quercetin** – 500mg twice daily
  Plant derived: Supports uptake of zinc into the cells and impairs virus spike protein.

- **N-Acetylcysteine** - 600mg twice daily
  Dissolves mucus to help breathing.

- **Ivermectin** – 24mg for 5 days *
  Proven antiviral effects. May not be available in all countries.

* Dosages are based on a 60kg adult. Follow packs for individual dosages.

There are other treatment options too. Find the full guide at: worldcouncilforhealth.org

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Disclaimer: Always read the instructions included with the medicine or supplement. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any person. Treatment for an individual is determined by many factors and thus should rely on the judgement of your doctor or qualified health care provider. Always seek their advice with any questions you may have regarding your medical condition or health.

Severe symptoms? Call Emergency Services

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The World Council for Health wants you to live your healthiest life possible by providing you with honest science and learned wisdom. Please join us.

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References

- **Vaccine Safety**: https://www.ahajournals.org/doi/abs/10.1161/circ.144.suppl_1.10712
- **Transmission**: https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(21)00648-4/fulltext

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