



## 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.

3 facts to  
put your  
mind at rest  
about covid

### 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.



## 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.

### References

**Vaccine Safety:** [https://www.ahajournals.org/doi/abs/10.1161/circ.144.suppl\\_1.10712](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](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(21)00648-4/fulltext)

**Testing accuracy:** <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013705.pub2/full>

### Covid Treatment Guides:

<https://worldcouncilforhealth.org/resources/early-covid-19-treatment-guidelines-a-practical-approach-to-home-based-care-for-healthy-families/>

<https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>

<https://aapsonline.org/CovidPatientTreatmentGuide.pdf>

### Covid Essentials\*

For early treatment at home.



<b>Vitamin C - Up to 1000mg hourly</b> <i>Essential for immune system function.</i>	<input type="checkbox"/>
<b>Vitamin D3 - 4000iU daily</b> <i>Essential for immune system function.</i>	<input type="checkbox"/>
<b>Zinc (elemental) - 30mg once daily</b> <i>Vital for immune system function. Stops viral reproduction in cells.</i>	<input type="checkbox"/>
<b>Antihistamines - (as directed on pack)</b> <i>Helps prevent allergic immune response to the spike protein</i>	<input type="checkbox"/>
<b>Aspirin - 300mg daily</b> <i>Reduces risk of blood clotting and relieves pain and inflammation.</i>	<input type="checkbox"/>
<b>Anti-viral Nasal Spray &amp; Mouthwash</b> <i>Reduces viral load.</i>	<input type="checkbox"/>
<b>Multivitamins</b> <i>incl. Zinc, Selenium, Magnesium</i>	<input type="checkbox"/>

### And good to have too...

<b>Quercetin - 500mg twice daily</b> <i>Plant derived: Supports uptake of zinc into the cells and impairs virus spike protein.</i>	<input type="checkbox"/>
<b>N-Acetylcysteine - 600mg twice daily</b> <i>Dissolves mucus to help breathing.</i>	<input type="checkbox"/>
<b>Ivermectin - 24mg for 5 days*</b> <i>Proven antiviral effects. May not be available in all countries.</i>	<input type="checkbox"/>

\* 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](https://worldcouncilforhealth.org)



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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For Health

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

find out more at: [worldcouncilforhealth.org](https://worldcouncilforhealth.org)  
Telegram: @wch\_org