

Electrosensitivity and Coronavirus

People with electrosensitivity, like others, are understandably concerned about coronavirus. There are two issues often mentioned.

1. Does electrosensitivity makes you more vulnerable to coronavirus?

So far little is known about this. Two key factors are:

(a) Your immune system. This can be weakened by exposure to radio frequency radiation (RFR) and Electromagnetic Fields (EMFs).

Help yourself: **(i) Reduce RFR/EMF exposure** as far as possible.

(ii) Healthy living.

(b) Any other health conditions, whether or not related to ES.

2. Greater practical difficulties in accessing shops for food and medicine.

There is no evidence that coronavirus has been caused directly by 5G.

1 (a) Immunity reduced by radio frequency radiation (RFR) and EMFs

- RFR/EMFs are some of several factors which affect the immune system. It is possible that RFR/EMFs make bodies less resistant to viral infections. By inference, although there is no research on any link between RFR/EMFs and coronavirus, in order to recover quicker or to remain healthy, minimising exposure to unnecessary RFR/EMFs seems sensible.
- For some people, RFR/EMFs can also be a factor in high blood pressure, respiratory conditions and diabetes.
- Many elderly people have chronic inflammatory conditions and reduced immunity, making them more vulnerable to coronavirus and its most severe effects.
- RFR/EMFs have been known to weaken the immune system since 1960.
- See Notes: experts' views of the scientific evidence of RFR/EMF adverse effects.

(i) Reduce RFR and EMF exposure

- Any RFR/EMF can weaken the immune system over the long term.
- Reducing environmental radiation, such as from phone masts, mobile and cordless phones and WiFi, and EMFs helps produce a stronger immune system.
- Best practice for RFR and EMF hygiene is to eliminate man-made RFR and EMFs.
- This is especially true for hospitals and care homes, and for people with ES.
- The safest level is the background natural level without man-made RFR and EMF.
- Aim to reduce your RFR and EMF exposure down to long-term safety limits, if possible (e.g. Bioinitiative, EUROPAEM 2016 EMF Guidelines, IGNIR, Seletun).
- The UK government's ICNIRP guidelines are still only for short-term and heating effects. They do not cover established long-term effects like reduced immunity.

(ii) Healthy living

- Boost your immune system as much as possible.
- Ensure appropriate vitamins, exercise, sunlight and sleep.
- Key elements of a healthy diet include: vitamin C, vitamin D and vitamin B.

1 (b) Other health conditions

- The effects of coronavirus may be made worse by certain health conditions, whether or not related directly to ES. www.nhs.uk/conditions/coronavirus-covid-19/
- These can include high blood pressure, respiratory conditions and diabetes.

If you have any health concerns or worsening of your condition, you are strongly advised to follow government advice and seek appropriate medical attention.

2. Practical support

- People who are self-isolating may need access to help from friends, family or neighbours for food, medicines and other supplies.
- Where there is a problem, most councils have helplines and there are also many community help groups.
- If access to shops is a problem, perhaps because of increased exposure times to radiation from Wifi and mobiles, then some shops, pharmacists and food outlets can arrange deliveries, or the council and other help groups can make arrangements.
- Anyone with ES is welcome to contact Electrosensitivity UK (ES-UK) if they feel they need additional support and advice from volunteers at the charity.

NOTES

Need for long-term non-thermal safety guidelines, not unscientific ICNIRP

- To ensure the strongest possible immune system, follow the appropriate international limits.
- The appropriate international safety guidelines are long-term and non-thermal. These include Bioinitiative, EUROPAEM EMF Guidelines 2016, IGNIR, Seletun, etc.
- Short-term (6 or 30 minutes average) heating-only guidelines (e.g. the ICNIRP) do not protect against the known long-term and non-thermal effects, including immune system damage.

Back-ground (safe) levels	Majority mainstream guidelines			Minority 'industry' guidelines			
		Bioinitiative, EUROPAEM, IGNIR			ICNIRP		
		Based on scientific evidence			Based on an arbitrary hypothesis of 1953		
		Recognition of immune effects			No recognition of immune effects		
		Long-term and short-term			Short-term only		
		Non-thermal and heating			Heating only		
		Peak			Averaged over 6 or 30 minutes		
$\mu\text{W}/\text{m}^2$	Date		$\mu\text{W}/\text{m}^2$	Date		$\mu\text{W}/\text{m}^2$	
0.000001	1935	USSR	100,000	1953	US: Schwan's mistake	100,000,000	
	1972	Poland	1,000	1998	ICNIRP	10,000,000	
	2012	Bioinitiative	3	2020	ICNIRP	40,000,000	

Coronavirus

- The coronavirus disease COVID19, caused by SARS-CoV-2, was first identified in Wuhan, China, in December 2019. Since then it has spread across the world.
- It does not seem to have been caused directly by RFR such as 5G but, like many viruses, may have worse effects for people with immune systems damaged by, or exposed to, RFR or EMFs.
- Because of mutations such as the furin cleavage of the spike protein, similar to HIV, SARS-CoV-2 can spread up to a thousand times more easily than SARS-CoV-1 in 2002-03.
- It can affect the respiratory and digestive systems, heart, kidneys and male fertility via ACE2.

Further information and opinion from international experts on RFR/EMF adverse effects

- Dr M. Havas: "[Corona Virus and 5G – is there a connection?](#)" (March 21 2020)
- Dr D. Klinghardt: "[Corona interview](#)" (March 9 2020, 45 min.) [Powerpoint](#) [Transcript](#)
- Dr J.M. Moskowitz: "[Research on the Effects of Wireless Radiation Exposure on the Immune System](#)" (March 18 2020)
- Dr M.L. Pall: "[Argument for a 5G – COVID-19 Epidemic Causation Mechanism](#)" (Electromagnetic Health, March 20 2020)
- The Scientific Res. Inst. of Hygiene & Children's Health in the Russian Ministry of Health and the Russian National Committee for Protection Against Non-ionizing Radiation (RusCNCIRP): "[Restrict Screens, No Cell Phones And Minimize Wireless Radiation For Education During COVID-19 Quarantine](#)" (March 28 2020)
- [Bioinitiative Report](#) (2012); • "[Selected Studies on ES and EHS](#)" (over 2,000 studies and references, 2018)

M. Bevington, April 5 2020

This document on Electrosensitivity and Coronavirus is for factual information only and does not constitute medical advice. See your general practitioner or contact 111 for any condition from which you are suffering.