

# COVID-19



## An evidence-based guide

*What is the scientific and medical basis for the measures being put in place for COVID-19? Should we wear face-masks? Is social distancing helpful? Will easing lockdown lead to more deaths? Many people are afraid but all the evidence shows that most of us have nothing to fear. The great majority of people, even in the highest risk groups, will be fine.*

This site uses [official data and mainstream sources](#) to help give you confidence to get on with your life.

[THE EVIDENCE](#)

[TAKE ACTION](#)

## Key facts

If news headlines are your only source of information, you may be surprised to discover that *there is little to fear from the virus itself*. Despite the frightening reports, [experts in the field](https://evidencenotfear.com/evidence/) of epidemiology, microbiology and virology have [enough evidence](https://evidencenotfear.com/evidence/#key-facts) < <https://evidencenotfear.com/evidence/>> to come up with these [key facts](https://evidencenotfear.com/evidence/#key-facts) < <https://evidencenotfear.com/evidence/#key-facts>>.

1	<p>In at least 80% of cases, the virus produces either no symptoms or a <a href="#">mild cold-like illness</a>. Most of the population have no risk of dying from COVID-19. Multiple studies show a <a href="#">fatality rate</a> of those infected is estimated between 0.02% and 0.8%.</p>
2	<p>COVID-19 can be deadly for older and vulnerable people so it's important to protect them. This will help eliminate <a href="#">hospital overcrowding</a>.</p>
3	<p><a href="#">Lockdowns</a> will prevent <a href="#">population immunity</a> and prolong the problem. Isolating the vulnerable and allowing the remaining population to practice safe distancing has been a <a href="#">historically proven</a> way of dealing with flu-like viruses.</p>
4	<p><a href="#">Fear instilled</a> by panic and <a href="#">hysteria</a> in the media is causing more <a href="#">people to die</a>. Many are refusing to seek medical care because they are afraid to leave their homes. Others have not received <a href="#">proper medical care</a> because of new procedures put in place.</p>
5	<p>The people at risk from COVID-19 are <a href="#">clearly defined</a> and should be protected with targeted measures.</p>

[Dr. John Ioannidis](#)

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[Prof. Knut Wittkowski](#)

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[MORE EXPERTS](#)

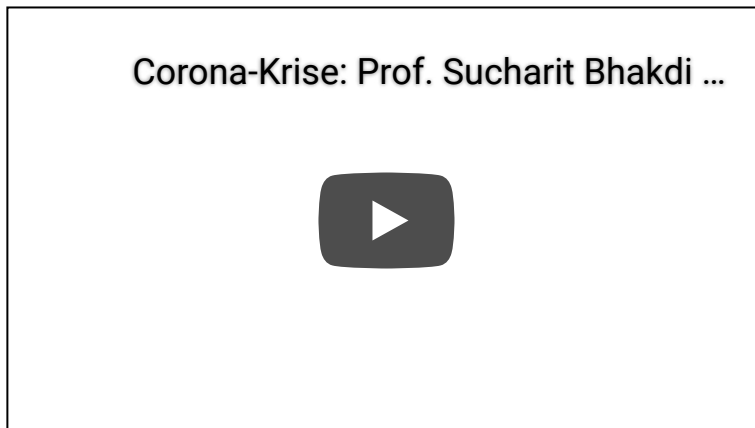
Inform yourself about the issues

**“A government cannot stop a virus. What stops a virus is natural immunity. It's impossible to stop a virus by government decree.”**

[Professor Yoram Lass](#), former Israeli Health Ministry chief

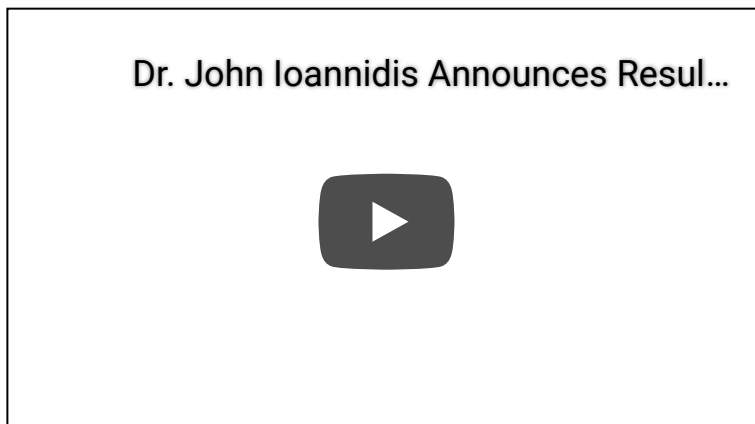
FIND OUT MORE

Listen to medical experts



[Prof. Sucharit Bhakdi](#)

Professor of medical microbiology at the Johannes Gutenberg University



What is happening now will [affect us for decades to come](#). Do not leave your children's future in the hands of the media, politicians and corporations. This site will provide you with some [references](#) but it is important that you find out for yourself what [the evidence](#) is telling us. Our generation and generations to come will have to live with the decisions being made while we are told to stay at home.

WHAT'S AT STAKE?

TAKE ACTION

**“Do not be afraid, but speak and do not be silent”**

## Sources

We collect information for this site from official data, mainstream sources and world-renowned experts.

## Experts

- [Dr. Sucharit Bhakdi < https://evidencenotfear.com/tag/dr-sucharit-bhakdi/>](https://evidencenotfear.com/tag/dr-sucharit-bhakdi/)
- [Professor Dolores Cahill](#)
- [Professor Johan Giesecke](#)
- [Professor John Ioannidis](#)
- [Dr. Malcolm Kendrick < https://evidencenotfear.com/tag/dr-malcolm-kendrick/>](https://evidencenotfear.com/tag/dr-malcolm-kendrick/)
- [Prof. Yoram Lass < https://evidencenotfear.com/tag/professor-yoram-lass/>](https://evidencenotfear.com/tag/professor-yoram-lass/)
- [Dr. John Lee < https://evidencenotfear.com/tag/dr-john-lee/>](https://evidencenotfear.com/tag/dr-john-lee/)
- [Dr. Max Pemberton](#)
- [Professor Knut Wittkowski](#)
- [Dr. Wolfgang Wodarg](#)
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## News

## NEWS

- [BBC](#)
- [Bloomberg](#)
- [The Daily Mail](#)
- [The Guardian](#)
- [The Mail on Sunday](#)
- [Spiked](#)
- [The Spectator](#)
- [The Sun](#)
- [The Sunday Times](#)
- [The Telegraph](#)
- [The Times](#)

## Publications

- [The BMJ](#)
- [HSJ](#)
- [The Lancet](#)
- [medRxiv](#)
- [Office for National Statistics](#)
- [Public Health England < https://evidencenotfear.com/tag/public-health-england/>](#)
- [WHO](#)

## ALL RESOURCES