



GPDQ

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Dr Gero Baiarda of GPDQ.co.uk quashes 5G conspiracy theory based on scientific fact

WHY 5G CONSPIRACY IS PHYSICALLY IMPOSSIBLE

NHS GP Dr Gero Baiarda is one of the hundreds of GPs currently on-call at GPDQ - the UK's leading GP-on-demand service. Since launching his 'myth-busting' series 10 days ago Dr Baiarda has become the media 'go-to' for information on what to believe in the interest of our health during the Covid-19 pandemic.

After watching videos of arson attacks on 5G masts circulate social media, Dr Baiarda explains why the 5G conspiracy is scientifically incorrect and should be considered as fake news.

The myths related to 5G

Myth 1: 5G suppresses the immune system so much that it allows you to catch Coronavirus easily.

Truth: No, it doesn't. 5G radio waves are very inert low frequency waves that have no discernible effect on human beings.

The facts

- 5G radio waves carry too little energy to cause harm. There have been many research studies that demonstrate this beyond all doubt. The wavelengths emitted from your microwave oven are more powerful than 5G – both are perfectly safe.
- 5G occupies the same wavelengths as those previously used by analogue TV. The reason that you can no longer access the analogue television signal is because it was phased out to make way for new 5G mobile phone technology.
- Therefore, claiming that 5G waves will weaken your immune system to the point that you are defenceless against Covid-19 is like saying that the old-fashioned TV signals caused pandemics. We lived with them for more than 70 years, and they clearly did not.
- Your immune system can be compromised by other co-existing health conditions such as diabetes or asthma. It will also naturally decline as you get older. None of these factors have anything to do with mobile phone radio waves.
- Most people worldwide who have been most adversely affected by the virus have been the elderly and those with existing health conditions. This has been regardless of their level of exposure to 5G radio waves.

Myth 2: The virus can travel on 5G waves and invade the human body

Truth: No, it can't. There are only very specific sites in the human body where the virus can invade and start to make you ill.

The facts

- To enter the human body, the virus needs to be absorbed by receptors in the mucous membranes predominantly found in our eyes, noses and mouths. There are also receptors deep down in the lungs.
- Therefore, for the 5G theory to be true, the virus would have to somehow hitch a ride on these very specific low frequency wavelengths, which is impossible, before making their way like guided missiles into your eyes, nose or mouth.
- Social distancing is so effective because the virus has no way of moving on its own. It is not propelled much beyond 2 metres even by coughing and sneezing. It is, however, transferred very effectively from one person to another. This has been its primary mode of transmission.
- All viruses, including the SARS-Cov-2 virus (that causes Covid-19), decay relatively rapidly if they do not find a host. It is not possible for them to be transferred by 5G over even short distances, let alone over cities, lakes and rivers, through walls and into you.
- Earlier this year, the ICNIRP (International Commission on Non-Ionizing Radiation Protection) published its findings that there is no evidence of a link between the wavelengths used by mobile networks and cancer or any other illness.

Myth 3: 5G masts are killing smaller animals including birds

Truth: No, they are not. If birds are seen to be impacted by 5G masts, the reason is because that even very weak electromagnetic fields produced by equipment plugged into mains electricity and AM radio signals interfere with the animals' "internal compass".

The facts

- Prof Henrik Mouritsen, from the University of Oldenburg in Germany carried out research over seven years which revealed that birds have a built-in magnetic compass, which senses the Earth's magnetic field and helps them to find their way.
- Over the course of the next seven years, he and his team carried out numerous experiments to look at how the weak electromagnetic field affected the behaviour of the robins.
- He found that birds exposed to electromagnetic "noise" between 50 kHz and 5 MHz lost all sense of direction. But when the field was blocked out, they found their bearings again.

What does cause Covid-19 and how can you avoid it?

- The virus is passed from individual to individual either directly by human contact, or indirectly by picking up virus on our hands and passing it to our eyes/noses or mouths. There is no other route of transmission.
- The best way to avoid catching Covid-19 is to practice social distancing, self-isolation, and frequently washing our hands thoroughly with soap and warm water for at least 20 seconds, even during time at home.

-ENDS-

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Notes to editor

About GPDQ

- **What it is** - GPDQ is the UK's first and leading GP-on-demand service that connects its users (patients) directly with a local NHS GP who will visit them within hours at a location of the patient's choice, be it their home, workplace or a hotel if they are travelling from abroad.
- **Why it exists:** Frustrated by the state of hospital admissions and GP retention in his area and knowing that there were local community members willing to pay to see a GP, Dr Bhagat founded GPDQ in 2015.
- **Why it's so important:** Thanks to leading technology, GPDQ is the UK's first genuinely scalable national primary care service, with a community today of over 80 like-minded NHS GPs that have seen over 7K patients through the UK's first doctor on demand home visiting service.
- **How to access:** Patients can request a GP and track their progress from their smartphone, via the GPDQ app (downloadable for [iOS](#) or [Android](#)) or alternatively, they can call GPDQ, or visit the website to book an appointment. Video consultations are now also available.
- **The leader:** GPDQ was the first 'in person' GP-on-demand app to launch in the UK and was also the first to achieve CQC approval. GPDQ is the most popular GP-on-demand service in the UK, having responded to the most call outs since launch in October 2015, compared to other services.

- **Highest quality care:** Patients receive a full 25-minute consultation with a GMC-registered NHS GP who has undergone GPDQ's rigorous screening process and intensive patient care training programme.
- **Private clinics:** GPDQ has opened a GP clinic within London's Hadley Wood Hospital, which is open 6 days a week.
- **Holistic support for employers:** GPDQ runs corporate clinics for some of the UK's largest employers, providing curated programmes with access to a range of holistic physical and mental wellbeing experts including audiology, dentistry, physios, counsellors, psychologists, occupational health, nutritionists, and many more.
- **The founder:** GPDQ was founded by third generation GP and NHS-evangelist Dr Anshumen Bhagat who has appeared in the GP industry magazine 'Pulse's Power 50' in 2018 and again in 2019 for his efforts in reducing NHS waiting lists through utilising digital technology, and raising awareness around work/life balance for GPs.
- **Join the journey:** Follow GPDQ on social media: <https://twitter.com/GPDQUK/> / <https://www.facebook.com/adoctordeliveredquick/>.