

Debunking the Myths About COVID-19

To help you better understand what is happening and cut through the confusion, here are some common myths.

MYTH	FACT
The virus can be transmitted through the eyes	Currently it is unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html
Taking extra amounts of Vitamin C can prevent infection	The body can only absorb a certain amount of Vitamin C and then goes out as waste. A healthy immune system is your best defense against pathogens, such as viruses.
Herbal remedies and other medicines can prevent or treat the new virus	There is no specific medicine recommended to prevent or treat the new virus
New coronavirus only affects older people	<p>People of all ages can be infected by the virus. However, people with pre-existing health conditions appear to be more vulnerable.</p> <p>People of all ages should take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.</p>
Wearing a mask will prevent me from getting the virus	A mask may not protect you from getting the virus but could prevent you from spreading it. Patients with the coronavirus wear a face mask to protect others around them
COVID-19 is not new because the labels of Lysol and Clorox have an ingredient listed as Human Coronavirus.	This is not the same as the coronavirus responsible for the current outbreak in China. The COVID-19 is an entirely different and new strain of coronaviruses that has emerged.
COVID-19 is a man-made virus. An act of terrorism	There is no evidence that coronaviruses is man-made. Coronaviruses often originate in animals and cause illness in animals, but sometimes they can spread from animals to humans.
A new bleach cocktail can be used to cure and protect against the flu, and now the novel coronavirus	Although Lysol and bleach can be used as disinfectants, these solutions can poison and kill you, therefore they should not be swallowed to prevent this new strain of novel coronavirus.
There is a vaccine for the COVID-19	There is no vaccine yet available for the new coronavirus
It is not safe to receive letters or packages from China	Yes, it is safe. People receiving packages from China are not at risk of contracting the new coronavirus. There is evidence that coronaviruses do not survive long on objects, such as letters or packages.
Pets at home can spread the new coronavirus	There is no evidence that companion animals/pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets.
Antibiotics are effective in preventing and treating the new coronavirus.	No, antibiotics do not work against viruses, only bacteria.