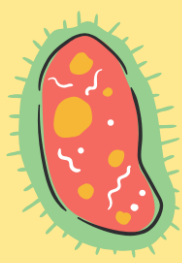


COVID-19 Myths



Myth: Some ethnicities are immune to catching COVID-19.

False. Everyone is at risk.

Myth: Only older people are susceptible to getting COVID-19.

False. All ages are at risk. Older people and people with underlying health conditions do seem to be more vulnerable to serious illness from COVID-19. All ages should take steps to protect themselves.

Myth: 5G mobile networks transmit COVID-19.

False. COVID-19 spreads through respiratory droplets. COVID-19 is spreading in many places that do not have 5G mobile networks.

Myth: Exposing yourself to warm temperatures will prevent infection of COVID-19.

False. It is possible to catch COVID-19 no matter how much sun or warm temperatures you have been exposed to. The best practices to avoid getting COVID-19 are washing your hands, avoiding touching your face, and practicing social distancing.

Myth: Cold weather and snow can protect against COVID-19.

False. Just as warm weather cannot protect against COVID-19, cold weather can also not eliminate COVID-19.

Myth: Being able to hold your breath for 10 seconds without coughing or feeling discomfort means you do not have COVID-19.

False. These methods are not effective in determining if you have COVID-19. If experiencing symptoms, the best way to determine if you have the virus is through a designated laboratory test.

Myth: Drinking alcohol can protect you from COVID-19.

False. Frequent alcohol consumption can increase the risk of health problems.

Myth: Mosquitoes can transmit COVID-19.

False. Mosquitoes cannot transmit COVID-19. COVID-19 is transmitted through respiratory droplets.

Myth: Spraying alcohol or chlorine over your body will prevent infection of COVID-19.

False. Spraying alcohol and chlorine will not kill viruses that have already entered your body. These chemicals can be harmful to your mucus membranes.

Myth: Antibiotics are effective in preventing and treating COVID-19.

False. Antibiotics are only effective for bacteria, not viruses. However if you are hospitalized with COVID-19, antibiotics may be used since a bacterial co-infection is possible.

Myth: Garlic can help prevent COVID-19 infection.

False. Garlic does have some healthy antimicrobial properties, but there is no evidence that garlic has prevented people from contracting COVID-19.

Myth: You must have specific soap to prevent COVID-19.

False. Washing your hands for at least 20 seconds with water and ANY soap can help prevent you from getting COVID-19. It is not necessary to have antibacterial or medical soap.