

CORONAVIRUS DISEASE (COVID-19) MYTH BUSTERS



MYTH: TAKING A HOT BATH PREVENTS THE NEW CORONAVIRUS DISEASE.

TRUTH: Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 97.7° F to 98.6° C, regardless of the temperature of your bath or shower. The best way to protect yourself against COVID-19 is by frequently cleaning your hands.



MYTH: COVID-19 VIRUS CAN'T BE TRANSMITTED IN AREAS WITH HOT AND HUMID CLIMATES.

TRUTH: From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.



MYTH: THE NEW CORONAVIRUS CAN BE TRANSMITTED THROUGH MOSQUITO BITES.

TRUTH: To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes.



MYTH: ANTIBIOTICS ARE EFFECTIVE IN PREVENTING AND TREATING THE NEW CORONAVIRUS.

TRUTH: No, antibiotics do not work against viruses, only bacteria. COVID-19 is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.



MYTH: TAKING SIPS OF WATER EVERY 15 MINUTES PUSHES THE VIRUS THROUGH THE SYSTEM INTO THE STOMACH WHERE STOMACH ACID WILL KILL THE VIRUS.

TRUTH: Staying hydrated is always a good idea but there is no medical evidence to support this myth. When people breathe, droplets in the air get into their mouths and noses. But that doesn't mean nonstop water consumption will protect them from developing the new coronavirus.



MYTH: DRINKING WARM WATER COMBATS CORONAVIRUS.

TRUTH: Drinking warm water does not combat coronavirus. Experts agree that there's no evidence that water temperature impacts how people's immune systems respond to viruses.