

# MYTHS

AND

# FACTS

## ABOUT COVID-19 AND INFLUENZA PREVENTION

Rinsing the nose regularly with saline solution prevents COVID-19.

Evidence has indicated that rinsing the nose with saline solution can help recover faster from the common cold. However, it is not known to prevent COVID-19.

Spraying alcohol or chlorine on your body will kill the virus inside.

It does not kill the virus inside your body. It is not recommended as it could damage clothes and harm the eyes, lips and skin.

Vitamin C, D or minerals can help prevent COVID-19 or Influenza.

Vitamins and minerals are a good way to improve your immune health in case you have to battle a viral infection. However, these are not proven to prevent COVID-19 or flu.

Digital thermometers are effective in detecting people with COVID-19.

It may take the virus 1-14 days to incubate and cause symptoms like fever, so it will miss asymptomatic or pre-symptomatic COVID-19 positive people, and also people with symptoms who do not have fever or have their fever controlled with medications.

Masks could cause breathing problems.

A properly worn mask does not cause low oxygen levels or breathing problems. Make sure it fits properly and you can breathe with no difficulty. However, do not put a mask on somebody who is in respiratory distress or is less than 2 years old.

COVID-19 affects only adults and the elderly population.

Although older adults are at higher risk, cases and even deaths have been reported across all age groups. Parents of asthmatic children should be particularly concerned.

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## ABOUT IMMUNITY AND TREATMENT OF COVID-19

If I was/am infected with COVID-19, I will have it for life.

Most patients who have COVID-19 are either asymptomatic or recover and shed the virus from their system in 14-days. However, some do have long-term problems.

If I got COVID-19 once, I am immune to COVID-19.

Surviving COVID-19 doesn't necessarily make you immune. Experts are uncertain if a recovered patient is immune, and if so, how long the immunity lasts. The best estimate from other similar coronaviruses is that immunity could last a few months.

Some antibiotics are used to treat COVID-19 or Influenza.

No antibiotic treatment is recommended to treat either of them. Antibiotics are used to treat bacterial infections and COVID-19 and Influenza are viral infections.

There is no safe and effective vaccine for COVID-19.

Highly effective vaccines have been developed, rigorously tested and evaluated over several months by scientists (over 50 in final stages globally) and some by regulatory agencies. Currently Pfizer and Moderna's vaccines has been authorized. Government and scientific organizations will provide authentic information about when and where you can get the authentic tested and approved vaccine and other details.

I can pay my way up to receive the vaccine sooner.

No. There is no cost to the vaccine, and payments to receive sooner turns are fraudulent. Beware of scammers!