Myth Busters - Fact or Fiction?

Coronavirus Disease-2019 (COVID-19 / 2019-nCoV)

Drinking Water Every 15 Minutes

Infections like coronaviruses enter the body via the respiratory tract when you breathe in. Some might go into your mouth, the virus cannot be washed down into the stomach to kill it. Drinking water and staying hydrated is generally a good idea. Check with your doctor if you don't know how much water you should be drinking.

Weather, Humidity, Heat, and Cold

From what we know, the new virus can be transmitted in all areas, including hot and humid. Cold weather and snow also cannot kill the new coronavirus. Washing bed linen or towels at 60°C is a good idea, as this can kill many viruses in the fabric. There is also no rationale for avoiding cold drinks or ice, drinking hot water and exposing yourself to the sun or taking a hot bath or using a hairdryer. Heat exposure can cause dehydration, burns, irritation and be harmful. Once the virus is in your body, there's no way of killing it - your body just has to fight it off.

Ultraviolet Lamps

Ultraviolet light may be able to kill viruses on some surfaces but UV lamps should not be used to sterilize hands, skin or other areas because UV radiation can cause skin irritation and injury.

Drinkable Silver

There is no evidence that drinking silver solution is effective for any health condition. It can cause harmful side effects including kidney damage, seizures among other problems.

Mosquitoes

To date, there has been no evidence to suggest that the new coronavirus could be transmitted by mosquitoes. However, mosquitoes should still be eradicated to protect from malaria and dengue.

Spraying Alcohol or Chlorine All Over Your Body

This will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Alcohol or chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations (see the following link: https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html).

Rinsing your nose with saline

There is no evidence that regularly rinsing the nose with saline has protected people from respiratory infections or infection with the new coronavirus. It may help people recover more quickly from the common cold.

Garlic and Onions

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic or onions has protected people from the new coronavirus. Onions and garlic do have many other health benefits when added to food. When cut onions are left in the room, they do not absorb bacteria or viruses

Gargling with mouthwash, vinegar, or saltwater

Gargling with salt water may ease a sore throat, however, there is no evidence to suggest that gargling with mouthwash, garlic water or saltwater prevents infection with the new coronavirus. Similarly is applicable for gargling with vinegar or apple cider vinegar which can potentially cause throat burns.

Sesame Oil and Coconut Oil

“Sesame oil is delicious but it does not kill 2019-nCoV” says the World Health Organization. There is also no evidence to support that coconut oil can kill the COVID-19 virus.

Vitamin C

Some people use vitamin C as a supplement to prevent or treat colds, but there's no clear proof that it works, or that it prevents the new Coronavirus. Plus, vitamin C is not safe to take in high doses.

Antibiotics

No, antibiotics do not work against viruses, they only work against bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

Vaccines

Although vaccines against pneumonia or influenza A/B, do not provide protection against the new coronavirus, it’s a good idea to get these vaccines to protect yourself from these respiratory illnesses. A vaccine for the new coronavirus is being developed and tested at this time.

Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus. Older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV). Your doctor may recommend ways to treat symptoms of the disease which spreads primarily through droplets of an infected person whey they cough or sneezes or through droplets of saliva or discharge from the nose. The most effective way to protect yourself against the new coronavirus is by frequently washing your hands with soap and water or alcohol-based hand sanitizer and avoid close contact with anyone who is coughing and sneezing.

Additional reading and references

WHO: http://bit.ly/COVIDmythbusters | https://twitter.com/WHO BBC: http://bit.ly/bbcmythbust
SCMP: http://bit.ly/2xEUgpS HKU Med: https://twitter.com/hkumed NPR: http://bit.ly/nprmyth
The Jakarta Post: http://bit.ly/jakartapostmyth India Today: http://bit.ly/2IW5t7K
KP.org: http://bit.ly/kpmyth Snopes http://bit.ly/snopesmyth CDC: http://bit.ly/disinfectcdc
NASMDA: http://bit.ly/toGinEnglish

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Flyer questions to: VirsaCollaborative@gmail.com

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