

MYTH: Wearing masks while exercising prevents getting infected by Corona virus

FACT: People should NOT wear masks while exercising as masks may reduce the ability to breathe comfortably

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms.

Mostly, exercising in the open helps build immunity of the body to other from contracting any infection. Exercise without the mask.

The important preventive measure during exercise is to maintain physical distance of at least one meter from others.



Can people wear masks while exercising?

People should **NOT** wear masks when exercising as masks may reduce the ability to breathe comfortably.

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16 June 2020

#Coronavirus #COVID19

World Health Organization



MYTH: Hydroxychloroquine or chloroquine, a treatment for malaria and arthritis, is a possible treatment for COVID-19

FACT: Studies show hydroxychloroquine does not have clinical benefits in treating COVID-19

The use of hydroxy-chloroquine and chloroquine is accepted as generally safe for patients with malaria and autoimmune diseases, but its use where not indicated and without medical supervision can cause serious side effects and should be avoided.


Current studies do not show that this drug DOES reduce deaths among hospitalised COVID-19 patients, nor help people with moderate disease. *

* More decisive research is needed to assess its value

FACT:
Studies show hydroxychloroquine does not have clinical benefits in treating COVID-19.

Hydroxychloroquine or chloroquine, a treatment for malaria, lupus erythematosus, and rheumatoid arthritis, has been under study as a possible treatment for COVID-19. Current data shows that this drug does not reduce deaths among hospitalised COVID-19 patients, nor help people with moderate disease.*

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World Health Organization #Coronavirus #COVID19

**More decisive research is needed to assess its value in patients with mild disease or as pre- or post-exposure prophylaxis in patients exposed to COVID-19.*

31 July 2020



MYTH: Germs of COVID – 19 is a bacteria and can be cured by medication or affected by antibiotics

FACT: The coronavirus disease (COVID-19) is caused by a virus, NOT by bacteria

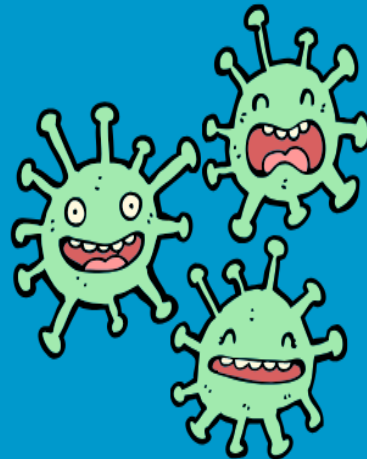
The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses.

Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a health care provider.

There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

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**FACT:
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NOT by bacteria**



#Coronavirus #COVID19

9 June 2020



Canada

MYTH: Use of masks for long times leads to Oxygen deficiency

FACT: The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency.

While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally.

Do not re-use a disposable mask and always change it as soon as it gets damp.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

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5 June 2020



#Coronavirus #COVID19



MYTH: Once people suffer from Corona virus, they will be prone to cough, fever and have breathing problems throughout their lives

FACT: Most people who get COVID-19 recover from it

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care.

If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first.

If you have fever and live in an area with malaria or dengue seek medical care immediately. You may not have contracted Corona virus, but it is always good to get yourself checked out

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World Health Organization

#Coronavirus

#COVID19

27 May 2020



Canada

MYTH: Consuming Alcohol works as a disinfectant for CVOVID – 19

FACT: Drinking alcohol does not protect you against COVID-19 and can be dangerous

Consuming alcohol will not destroy the virus, and its consumption is likely to increase the health risks if a person becomes infected with the virus

Instead, the harmful use of alcohol increases your risk of health problems

Alcohol (at a concentration of at least 60% by volume) works as on your skin, but it has no such affect within your system when ingested

FACT:
Drinking alcohol does not protect you against COVID-19 and can be dangerous.

The harmful use of alcohol increases your risk of health problems.

World Health Organization #Coronavirus #COVID19

27 May 2020



MYTH: Regular breathing exercise will prevent you from contracting Corona virus

FACT: Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from COVID-19


The most common symptoms of COVID-19 are dry cough, tiredness, and fever. Some people may develop more severe forms of the disease, such as pneumonia.


The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test.

You cannot confirm it with this breathing exercise, which can even be dangerous.

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

FACT:
Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



 World Health Organization **#Coronavirus #COVID19**



MYTH: Various sources have reported claims that blasts of hot air from hand dryers could kill Coronavirus

FACT: Hand dryers are NOT effective in killing the COVID-19 virus

Some sources (now removed) even suggested directing hot air up the nose. Hand dryers do not kill COVID-19 virus. To protect yourself against new coronavirus, you should frequently wash your hands

However, there is no scientific evidence behind this claim, which has been debunked by World Health Organization.

To protect yourself, you could frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

No. Hand dryers are not effective in killing the 2019-nCoV.

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Are hand dryers effective in killing the new coronavirus?



#2019nCoV



Canada

MYTH: You should consider using ultraviolet light to stop the spread of COVID – 19

FACT: Ultra-violet (UV) lamps should NOT be used to disinfect hands or other areas of your skin

One segment of UV light is extremely effective when it comes to killing microorganisms, including coronavirus. But the idea making the rounds online that UV light could be used to disinfect hands, clothing or other household objects is either incorrect or dangerous, depending on what type of UV you are talking about

Ultraviolet (UV) radiation covers the wavelength range of 100 – 400 nm, which is a higher frequency and lower wavelength than visible light

UV radiation can cause skin irritation and damage your eyes.

Cleaning your hands with alcohol-based hand rub or washing your hands with soap and water are the most effective ways to remove the virus.

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World Health Organization #Coronavirus #COVID19 27 April 2020



MYTH: Many believe having a pneumonia shot helps prevent infection from Coronavirus

FACT: Vaccines against pneumonia DO NOT protect against the COVID-19 virus

Coronavirus attacks the respiratory system and can cause pneumonia, which can lead to respiratory failure

Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, only help protect people from these specific bacterial infections. They do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against COVID-19, and WHO is supporting their efforts.

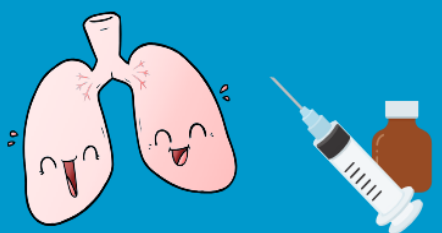
Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.


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The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Do vaccines against pneumonia protect you against the new coronavirus?



 World Health Organization

#2019nCoV



MYTH: Many believe rinsing nose regularly helps prevent Coronavirus disease

FACT: Rinsing your nose with saline does NOT prevent COVID-19

There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

Sinus rinsing, using a saline solution of salt and water, can be beneficial for those with allergies and sinus and nasal diseases. It moisturises the nose while flushing out allergies and mucus.

A Sinus rinse (nasal irrigation system) is often recommended by doctors to their patients to help clear the sinuses of the irritants that cause nasal congestion.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

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Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?



#2019nCoV



MYTH: Some medical drugs might work against COVID – 19

FACT: There are no medicines that can prevent or treat COVID-19

While some medication can alleviate COVID – 19 symptoms, the fact is there is no medicine for Coronavirus that can offer a cure at that time. To date, there is no specific medicine recommended to prevent or treat the new coronavirus.

Meanwhile, researchers are studying which drugs work best – and in which patients – while trying to develop new treatments and a vaccine for novel Coronavirus disease

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.



#Coronavirus

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



At the time of writing, some specific treatments are under investigation and are being tested through clinical trials. WHO is helping to accelerate research and development efforts with many partners.

** Information adapted from World Health Organization*

