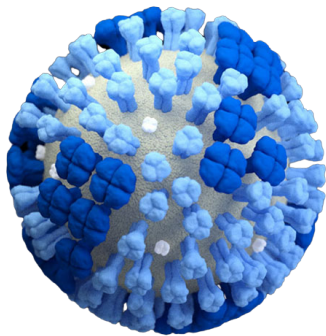
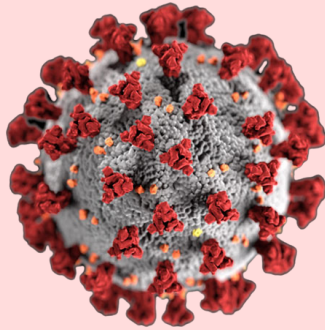


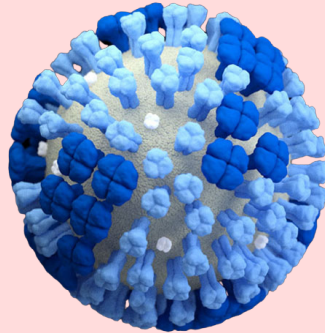
Regular flu virus

On your left, the image
is of the coronavirus.





Covid-19



Influenza

The two viruses have similarities, like being respiratory illnesses.

But they're not the same. COVID-19 is caused by a virus in the coronavirus family, which is not the flu. It's a different type of virus entirely. SARS, for instance, is in the same family as COVID-19's coronavirus. The influenza virus includes several different strains of the flu.

Spraying alcohol instead of
sanitiser will be effective in
killing coronavirus.

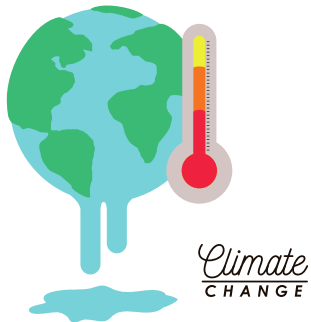


Alcohol-based cleaners and chlorine bleach-based cleaners can be helpful in disinfecting surfaces, but spraying alcohol or chlorine on your body is not only ineffective, it can be dangerous to the mucous membranes in your nose, eyes, and mouth, according to the WHO.

While we're at it, swallowing or gargling bleach, even bleach-diluted with other liquids, is not going to help you.

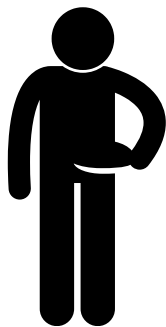
According to Johns Hopkins Medicine, swallowing or gargling acetic acid, ethanol, salt water, or steroids also are ineffective. And so are your essential oils.

The world has been aware of climate change since the IPCC (Intergovernmental Panel on Climate Change) formed in 1988.



Even though our actions might
not suggest the same, it is true.

Fats are bad for your
health and we must
follow low fat diets.



Shunning all fat from your diet can be dangerous because your body needs to consume at least some omega-3 and omega-6 fatty acids. As for saturated fat being the main driver of cardiovascular disease: yes, just another myth.

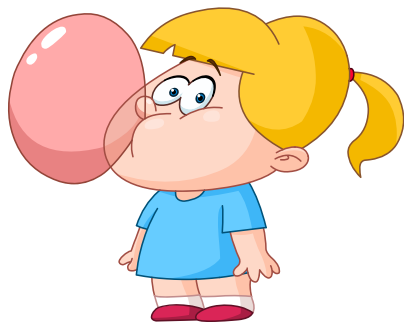
At the end of the day, trans fat is the only kind of fat that has been shown to be categorically detrimental to health.

A Shot of Espresso Contains Less
Caffeine Than a Cup of Coffee



Many coffee purists swear by espresso, a form of coffee made by grinding the beans very finely and subjecting them to hot water at high pressure. Espresso has a more concentrated flavor, so it must have a higher concentration of caffeine, right? Well... kind of. Though, ounce for ounce, espresso does have more caffeine than a regular drip brew, a shot of espresso has 120 to 170 mg of caffeine, whereas a cup of coffee has 150 to 200 mg. In fact, it would take two or three espresso shots to equal the caffeine in a 16-ounce Starbucks coffee.

Chewing gum can be illegal
depending on the country
you are in and the reason of
buying the same.



If you've ever looked on the underside of a public bench, you probably understand the desire to ban chewing gum.

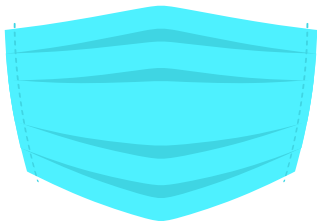
In 1992, the Prime Minister of Singapore was so fed up with the expense of cleaning wads of gum off of public facilities and the new public transportation system that he made the import and sale of chewing gum illegal. Though the ban is still in place, in 2004, the government made an exception for certain types of sugar-free gum sold by dentists or pharmacists, who must record the names of anyone who buys it.

Insomnia can be a symptom of
depression



Not being able to sleep, or waking up very early in the morning can be a symptom of depression.⁶ If you have had difficulty sleeping for a number of weeks, it may be worth talking to your doctor about possible causes and treatment options available to you. We recommend reaching out sooner rather than later to be safe.

People should NOT wear masks
while exercising



People should NOT wear masks when 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. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

UV Light can be used to kill
coronavirus in your hands.



UV Light can cause irritation and
should not be used to disinfect your
hands.

Depression is the only behavioural
health problem that can cause
suicide,



While depression is strongly connected to youth suicide, other behavioral health concerns are important, too. Substance use problems are a major predictor for suicide. If a young person is using alcohol or drugs to deal with negative feelings, they are at increased risk. Some young people use non-suicidal self-injury (hurt themselves on purpose) to deal with negative feelings. While these injuries are not generally about suicide, students who self-injure are at increased risk. Early intervention and treatment for all behavioral health concerns are the best protection from suicide risk.