

# MYTH BUSTERS COVID-19



**MYTH**

**antibiotics effective  
in preventing and  
treating** the new  
coronavirus?



**FACT**

**No, antibiotics do not  
work against viruses,  
only bacteria.** The new  
coronaviru(2019-nCoV) is  
a virus and, therefore,  
antibiotics should not be  
used. However, if you are  
hospitalized for the  
2019-nCoV, you may  
receive antibiotics since  
bacterial co-infection  
is possible



# MYTH BUSTERS COVID-19



**MYTH**

The incubation period is **up to 5 days**



**FACT**

The "incubation period" means the time between catching the virus and beginning to have symptoms of the disease. **Most estimates of the incubation period for COVID-19 range from 1-14 days**

# MYTH BUSTERS COVID-19



**MYTH**

An "old Chinese doctor" had found a cure to coronavirus -**One bowl of garlic**



**FACT**

There is **NO scientific evidence** to study this



# MYTH BUSTERS COVID-19



MYTH

**If you can hold your breath for 10 seconds** without discomfort, you don't have COVID-19



FACT

Holding your breath for more than 10 seconds without discomfort **does not prove whether you are infected or not**





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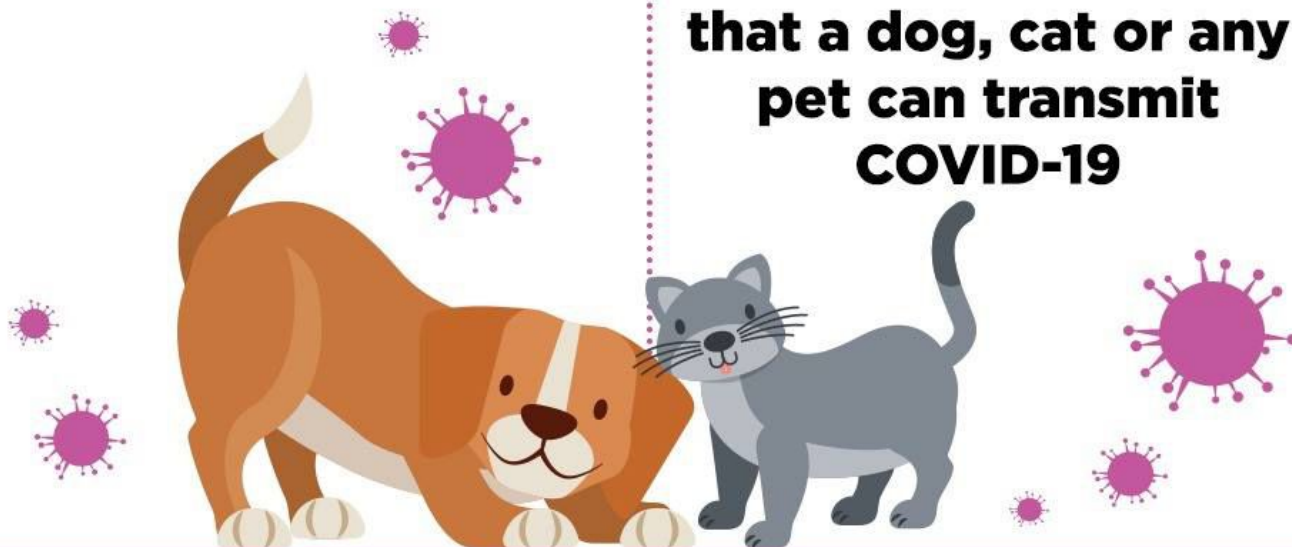
**MYTH**

**I can catch  
COVID-19 from  
my pet**



**FACT**

While there has been one instance of a dog being infected in Hong Kong, to date, there is **no evidence that a dog, cat or any pet can transmit COVID-19**



# MYTH BUSTERS COVID-19



**MYTH**

**The virus survives  
a few hours**



**FACT**

**Studies suggest that  
coronaviruses may  
persist on surfaces for a  
few hours or up to  
several days.** This may  
vary under different  
conditions (e.g. type of  
surface, temperature or  
humidity of the  
environment)



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MYTH

**Heavy intake of Vitamin-C** can help in curing corona infection



FACT

Regular intake of Vitamin-C boosts immunity. However, **excessive intake is not recommended**

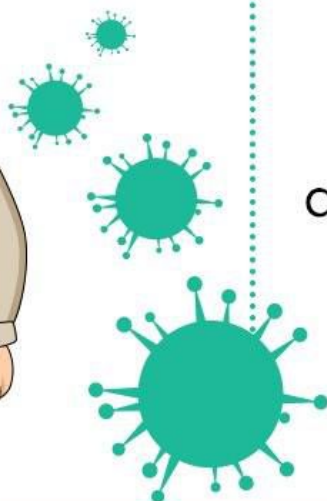


# MYTH BUSTERS COVID-19



**MYTH**

**The new coronavirus affect older people**



**FACT**

**People of all ages can be infected by the new coronavirus (nCoV-2019).** Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable





# MYTH BUSTERS COVID-19



**MYTH**

A viral post on social media claims that **the bitter gourd (Karela) juice can treat Coronavirus**



**FACT**

**There is no such treatment**



# MYTH BUSTERS COVID-19



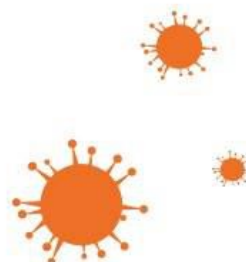
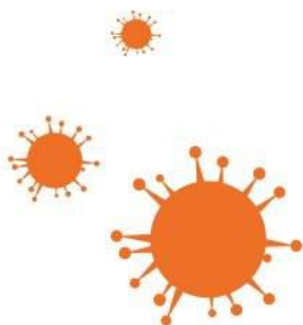
MYTH

**A moist throat  
can ensure  
protection** from  
corona infection



FACT

There is **no  
scientific evidence**  
to support  
this claim



# MYTH BUSTERS COVID-19



**MYTH**

COVID-19 is an  
**airborne disease**



**FACT**

**COVID-19 is NOT  
airborne** and is  
mainly transmitted  
through droplets  
generated when an  
infected person  
coughs, sneezes  
or speaks



# MYTH BUSTERS COVID-19



**MYTH**

**Lemon and turmeric**  
prevents COVID-19



**FACT**

**There's no scientific evidence**  
that consuming  
lemon/turmeric can  
help prevent COVID-19.  
However, it is  
recommended to  
consume adequate  
fruits and vegetable as  
part of a healthy diet



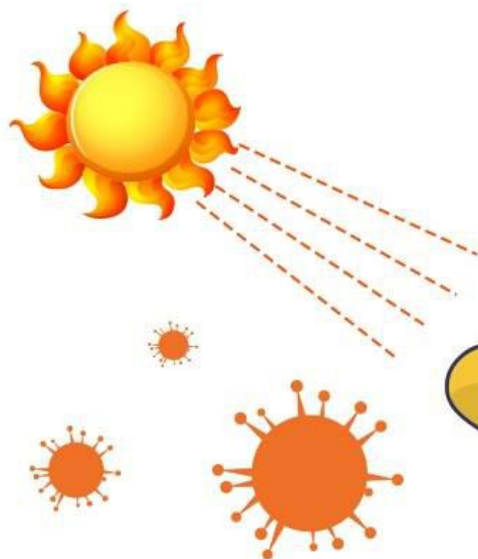


# MYTH BUSTERS COVID-19



**MYTH**

**Sunlight can  
kill** the new  
Coronavirus



**FACT**

**According to  
WHO, there is no  
evidence** to prove  
that Sunlight kills the  
new Coronavirus



# MYTH BUSTERS COVID-19



**MYTH**

**Inhaling steam  
from hot water  
kills the  
Coronavirus**



**FACT**

**No, inhaling steam  
doesn't kill the  
Coronavirus.**

Respiratory hygiene,  
social distancing  
and washing hands  
are the effective  
measures to prevent  
COVID-19



# MYTH BUSTERS COVID-19



**MYTH**

Coronavirus gets automatically destroyed in **High Temperature**



**FACT**

**Given its novelty, it hasn't been proven yet** if it gets destroyed in high temperature or not. Preventive measures must be followed until any further information is confirmed

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MYTH

**Drinking Alcohol**  
protects one  
against COVID-19!



FACT

**Drinking Alcohol**  
**doesn't protect one**  
**from COVID-19** and  
can be dangerous  
for one's health





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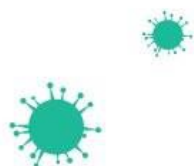
MYTH

**Any Social Media Post related to the Coronavirus** except from the Government of India has been declared a punishable offence



FACT

**There is no such order** from Ministry of Home Affairs

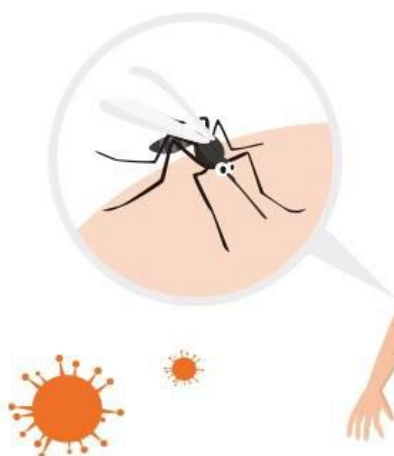


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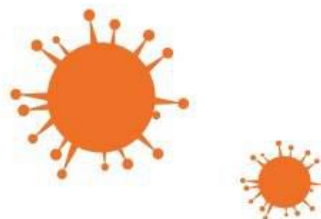
**MYTH**

**Mosquito bites  
get one infected  
with COVID-19**



**FACT**

**COVID-19 doesn't  
spread from  
mosquito bite**  
but through  
droplets spread  
when an infected  
person sneezes



# MYTH BUSTERS COVID-19



**MYTH**

**Getting the pneumonia vaccine, protects one against the virus**



**FACT**

It helps against pneumonia but **doesn't have a protective effect against coronavirus**



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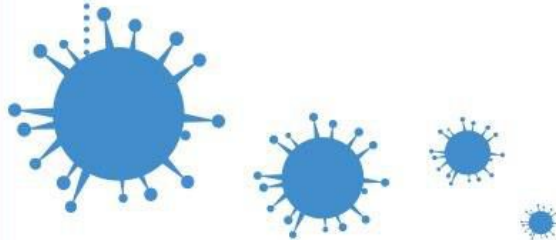
MYTH

**Having Bath with  
Hot Water kills  
the Virus**



FACT

The virus lives inside the body where the temperature is maintained at 37°C & is **not affected by the Hot Water Bath**





# MYTH BUSTERS COVID-19



MYTH

WHO has  
advised against  
**eating bakery  
items** as they get  
infected with  
virus easily



FACT

**WHO hasn't  
released any  
advisory**  
regarding the  
same



# MYTH BUSTERS COVID-19



**MYTH**

**Regularly rinsing  
your nose with  
saline help prevent  
infection with the  
coronavirus**



**FACT**

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



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**MYTH**

**Cold weather and  
snow can kill the  
coronavirus**



**FACT**

**There is no reason  
to believe** that cold  
weather can kill the  
coronavirus



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**MYTH**

**Eating food cooked  
in mustard oil will  
protect you against  
coronavirus**



**FACT**

**There's no such  
evidence that eating  
food cooked in  
mustard oil will  
protect you against  
coronavirus.**





# MYTH BUSTERS COVID-19



**MYTH**

**Vaccines against pneumonia will protect you against coronavirus**



**FACT**

**No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.**



# MYTH BUSTERS COVID-19



**MYTH**

**Spraying alcohol or chlorine all over your body can kill coronavirus**



**FACT**

**No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body**

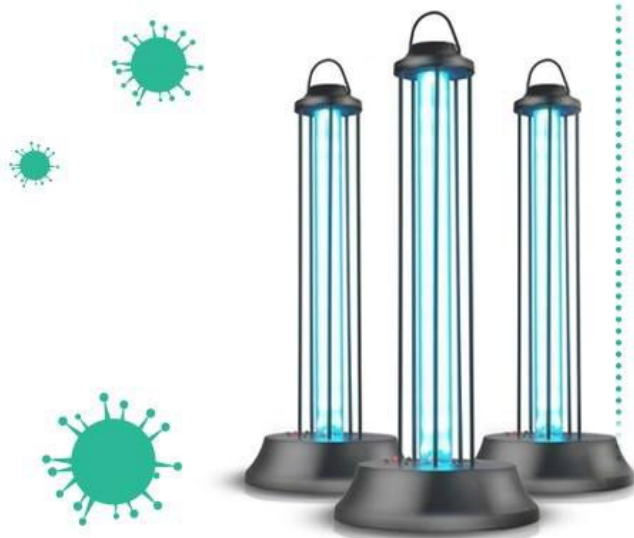


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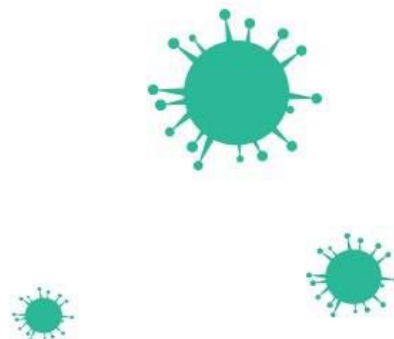
**MYTH**

**An ultraviolet  
disinfection lamp  
can kill  
coronavirus**



**FACT**

**UV lamps should  
not be used to  
sterilize hands**  
or other areas of  
skin as UV radiation  
can cause skin  
irritation.



# MYTH BUSTERS COVID-19



**MYTH**

**5G mobile networks  
spread COVID-19**



**FACT**

**Viruses cannot travel  
on radio waves/mobile  
networks.** COVID-19 is  
spreading in many  
countries that do not  
have 5G mobile  
networks

