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Bananas do not help prevent the coronavirus

By BEATRICE DUPUY March 19, 2020


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Fact-checking

CLAIM: Research by scientists at the University of Queensland in Australia has proven that bananas bolster the immune system due to the super source of vitamin B-6 and helps prevent coronavirus.

AP'S ASSESSMENT: False. A video circulating on social media that claims to show researchers at the University of Queensland finding a tie between preventing the coronavirus and bananas has been manipulated. Bananas do not help prevent the coronavirus.

THE FACTS: As researchers rush to develop a vaccine to stop the spread of novel coronavirus, a video circulating on Facebook falsely represents work being done by scientists at the University of Queensland in Australia.

AP

Bananas do not help prevent the coronavirus

DEFIENCIES OF BANANAS IN COMBATING THE VIRUS.

The ABC Australia and The Wall Street Journal videos, which are both available online, make no reference to bananas preventing or killing the coronavirus.

A University of Queensland spokesperson told The Associated Press in an email that the video is fake and said they strongly recommend people do not share it.

The claim spread in the Philippines in March after officials in the country claimed that bananas could kill the virus.

While bananas are a good source of nutrients, including vitamin B6, fiber and potassium, there is no evidence that bananas can prevent or kill coronavirus. Similar claims have been made around garlic.

"There is no correlation of bananas or garlic or any of the foods we know of with this virus," said Dr. Faheem Younus, who specializes in infectious diseases at the University of Maryland.

Coronavirus cases have surpassed 200,000 globally. The Associated Press reported Wednesday that Johns Hopkins University has found that more than 82,000 people have recovered from the virus. The coronavirus causes mild or moderate symptoms of fever and cough and in more severe cases causes pneumonia.

<https://apnews.com/article/8631011043>

Alcohol and COVID-19: what you need to know

Facing the COVID-19 (new coronavirus disease) pandemic, the countries of the world must take decisive action to stop the spread of the virus. In these critical circumstances, it is essential that everyone is informed about other health risks and hazards so that they can stay safe and healthy.

The following factsheet provides important information that you should know about alcohol consumption and COVID-19. It addresses, among other things, the misinformation that is being spread through social media and other communication channels about alcohol and COVID-19.

The most important point to remember:

In no way will consumption of alcohol protect you from COVID-19 or prevent you from being infected by it

General facts about alcohol and your body

Ethyl alcohol (ethanol) is the substance in alcoholic beverages that is responsible for most of

General myths about alcohol and COVID-19

Myth	<i>Consuming alcohol destroys the virus that causes COVID-19.</i>
Fact	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. Alcohol (at a concentration of at least 60% by volume) works as a disinfectant on your skin, but it has no such effect within your system when ingested.
Myth	<i>Drinking strong alcohol kills the virus in the inhaled air.</i>
Fact	Consumption of alcohol will not kill the virus in the inhaled air ; it will not disinfect your mouth and throat; and it will not give you any kind of protection against COVID-19.
Myth	<i>Alcohol (beer, wine, distilled spirits or herbal alcohol) stimulates immunity and resistance to the virus.</i>
Fact	Alcohol has a deleterious effect on your immune system and will not stimulate immunity and virus resistance.



Damon Evans @damocrat · 6d

I'm no expert, but if hand sanitisers made with **alcohol** can **kill coronavirus**, surely if you stay permanently drunk until the crisis is over, you'll have enough **alcohol** in your bloodstream to kill yourself, right?

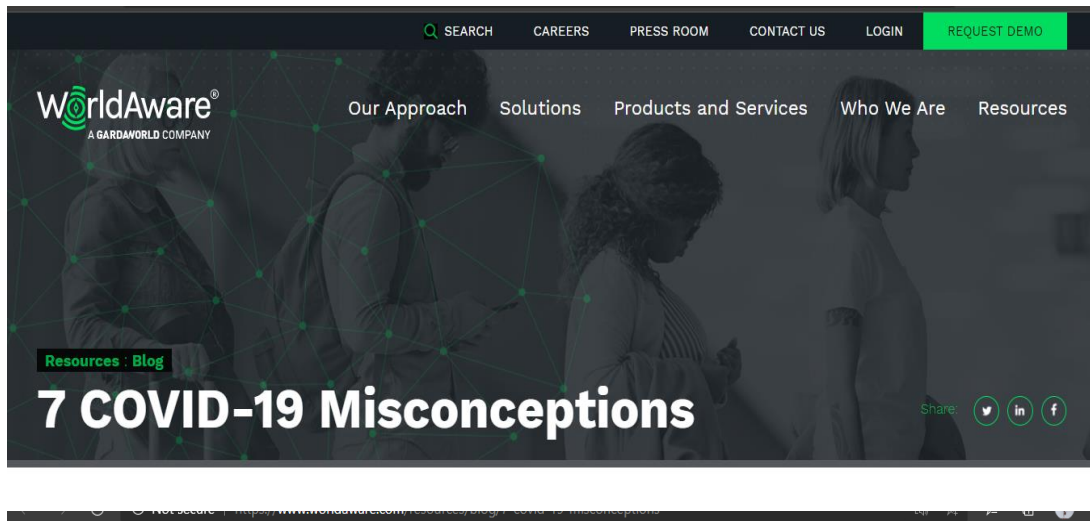
FALSE

Until I'm told otherwise by an expert, that's what I'm doing.

649 2,137 15.9K

<https://www.ha-asia.com/in-iran-at-least-44-people-died-from-alcohol-after-corona-virus-cure-rumour/>

https://www.euro.who.int/__data/assets/pdf_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf?ua=1#:~:text=Consuming%20alcohol%20will%20not%20destroy,your%20system%20when%20ingested



COVID-19 Misconceptions

Take a look at the following myths our experts have debunked about the COVID-19 disease.

MYTH: COVID-19 mainly affects older people.
Anyone can become infected with COVID-19; however, older people, infants, individuals with weak immune systems or those with pre-existing medical conditions (such as diabetes and heart disease) are most at risk of becoming severely ill once infected.

<https://www.worldaware.com/resources/blog/7-covid-19-misconceptions>



Claims about aspirin treatment for COVID-19 are false

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By Nikunj Sharma

A video link which first appeared on January 28, 2020, with 35,384 views and 1200 likes is recommending the usage of aspirin if you see coronavirus symptoms. The video's caption can be read as, "Coronavirus Symptoms, Prevention & Treatment (Corona Virus Outbreak 🤒) | How To Treat CoronaVirus?"

<https://www.ha-asia.com/claims-about-aspirin-treatment-for-covid-19-are-false/>



No, extreme temperature will not kill novel coronavirus

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Different variations of health advisories are emerging on social media as COVID-19 is spreading to various countries and affecting more people every day. In the midst of this global emergency, a lot of these fake news on unproven advisories could prove to be harmful than the virus itself

By Abeen Shayiq

With numerous preventive measures doing rounds on the internet, a social media post, falsely attributed to UNICEF claimed that avoiding ice-cream or exposure to sunlight and drinking hot water will save one from the deadly coronavirus.

While the claim is assumed to be based on the fact that flu viruses are usually not heat resistant, the same is not yet known about the novel coronavirus.

<https://www.ha-asia.com/no-extreme-temperature-will-not-kill-novel-coronavirus/>