

# The truth about myths, misinformation, and fake news related to COVID-19



## **To date, no specific medicines have been identified that prevent or treat COVID-19.**

Infected persons should receive care to relieve and treat symptoms. Those persons with severe illness should receive appropriate care. Some specific treatments are being investigated, and will be tested through clinical trials.



## **Chloroquine is not a cure for COVID-19.**

Chloroquine is used to treat malaria, and is being tested as a treatment for COVID-19. But it is not a cure, and testing continues. Be careful: while chloroquine is a generally safe medication, there have been some reported cases of negative side effects.



## **There is a false rumour that "African blood and black skin resists COVID-19."**

There is no scientific evidence to support this. And many Africans are among those infected with COVID-19.



## **You cannot catch COVID-19 through contact with animals.**

There are rumours circulating that poultry and other livestock can infect humans with COVID-19. These rumours are false. There is no evidence to suggest that any kind of animal can transmit COVID-19 to humans. Human infections are caused by person-to-person contact or contact with contaminated surfaces.



## **Drinking alcohol does NOT protect you against COVID-19 and can be dangerous.**

The only alcohol the World Health Organization recommends using to fight COVID-19 is an alcohol-based hand rub. In fact, frequent or excessive alcohol consumption can increase your risk of health problems, from cancer to liver damage.



## **A vaccine could be ready within a few months.**

This is false. It is unlikely that there will be a vaccine for at least one year.



## **Vaccines against pneumonia will NOT protect you against COVID-19.**

The COVID-19 virus is so new and different that it needs its own vaccine. Researchers are currently trying to develop a vaccine.



## **Antibiotics are NOT effective in preventing and treating COVID-19.**

Antibiotics do not work against viruses, only bacteria. COVID-19 is a virus and antibiotics should not be used to prevent or treat it. However, if you are hospitalized with COVID-19, you may receive antibiotics for other infections.



## **There are false rumours that some substances can cure or prevent infection with COVID-19.**

These include drinking a mix of lemon and baking soda, breathing steam from boiling orange or lemon peels, eating alkaline food, and gargling with salt or vinegar water. According to the World Health Organization, the way to prevent being infected with COVID-19 and prevent the virus from spreading is to wash your hands frequently, maintain at least one metre distance between yourself and someone who is sneezing or coughing, avoid touching your face, and cover your mouth and nose with your elbow or a tissue when you cough or sneeze.



## **Exposing yourself to the sun or to temperatures higher than 25 degrees DOES NOT prevent COVID-19.**

You can catch COVID-19 no matter how sunny or hot the weather is. Countries with hot weather have reported many cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.



## **There is a false rumour that "constant sex kills COVID-19."**

Like other forms of contact, sexual activity can actually be a risk factor for infection.



## **Taking a hot bath or using a hot hand dryer will NOT prevent you from catching COVID-19.**

According to the World Health organization, some remedies may help alleviate the symptoms of COVID-19, but there is no evidence that any current medicine or activity can prevent or cure the disease.



## **Eating garlic will NOT help prevent infection with COVID-19.**

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence that eating garlic can protect people from COVID-19.



## **COVID-19 CANNOT be transmitted through mosquito bites.**

There is no evidence that COVID-19 can be transmitted by mosquitoes. COVID-19 spreads through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.



## **5G mobile networks do NOT spread COVID-19.**

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



## **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 World Health Organization advises people who think they might have COVID-19 to stay home and seek medical attention by calling their local health authority. The best way to confirm if you have the COVID-19 virus is with a laboratory test. You cannot confirm it with this breathing exercise, which could be dangerous.