

Coronavirus Facts vs. Myths

There are MANY myths circulating about Coronavirus through word of mouth and social media. We will address SOME of the myths below, but it is EXTREMELY IMPORTANT to not spread misinformation. As stated above, iACT will continue to be in contact with your community about factual updates regarding Coronavirus. If you would like more information, you can visit reputable websites like Centers for Disease Control and Prevention ([CDC.gov](https://www.cdc.gov)) and World Health Organization ([WHO.int](https://www.who.int)). You can also reach out to iACT staff in your community about questions regarding Coronavirus. US-based iACT staff will be in contact with staff in your community.

- **Myth:** Coronavirus cannot be transmitted in areas with hot and humid climates.
Fact: Coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.
- **Myth:** Taking a hot bath can prevent Coronavirus.
Fact: Taking a hot bath will not prevent you from catching Coronavirus. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.
- **Myth:** Coronavirus can be transmitted through mosquito bites.
Fact: No, to date there has been no information nor evidence to suggest that Coronavirus could be transmitted by mosquitoes.
- **Myth:** Spraying alcohol, chlorine, or bleach all over your body kill the Coronavirus.
Fact: No. They will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).
- **Myth:** Vaccines against pneumonia protect you against the new coronavirus.
Fact: Vaccines against pneumonia do not provide protection against Coronavirus. The virus is so new and different that it needs its own vaccine and researchers are trying to develop a vaccine.
- **Myth:** Cold weather and snow can kill the new coronavirus.
Fact: No, there is no reason to believe that cold weather can kill the Coronavirus.
- **Myth:** Eating/drinking _____ can help prevent Coronavirus.
Fact: There is no evidence from the current outbreak that eating/drinking certain things has protected people against Coronavirus.
- **Myth:** Only adults over 60 can get Coronavirus.
Fact: No, people of ALL AGES can get Coronavirus (Please see “Symptoms” section).
- **Myth:** Antibiotics are effective in preventing and treating Coronavirus.
Fact: No, antibiotics do not work against viruses, only bacteria.
- **Myth:** There are specific medicines to prevent and treat Coronavirus.
Fact: To date, there is no specific medicine recommended to prevent or treat Coronavirus.
- **Myth:** Coronavirus will go away in summer months.
Fact: No, previous pandemics didn’t follow weather patterns plus as the Northern Hemisphere enters summer, winter will begin in the Southern Hemisphere. Virus is global.
- **Myth:** If you can hold your breath for ten seconds without discomfort, you don’t have Coronavirus.
Fact: No, most young patients with Coronavirus will be able to hold their breath for much longer than 10 seconds. Many elderly people without the virus won’t be able to do it.
- **Myth:** Coronavirus lives in the throat. Drink lots of water so the virus is pushed into the stomach where the acid will kill it.
Fact: Coronavirus may gain entry via throat, but it penetrates into the host cells. You can’t wash it away.
- **Myth:** Hand sanitizers are better than soap and water.
Fact: No, soap and water kill and wash away the virus from skin (it can’t penetrate our skin cells). It also cleans visible soil. Hand sanitizer is good to use when soap and water are not available.

Promote and share this iACT Fact Sheet and do not spread misinformation!