

COVID-19: Get The Facts

MYTH:

Nicotine can be used to block viruses, including COVID-19

FACT:

Smoking does not protect you from COVID-19. Smoking, vaping, and other substances that are breathed into the lungs can contribute to lung disease, leading to a reduction in the immune function of the lungs, and therefore increasing the risk of severe COVID-19 symptoms.

MYTH:

You can contract COVID-19 when you inhale the second hand smoke of a person who has COVID-19.

FACT:

Coronavirus is spread from an infected person through the droplets spread when they cough or sneeze. Therefore, it is highly unlikely to contract coronavirus from 2nd hand smoke. However, if you share a cigarette or vape with an infected person, the virus can be spread.

MYTH:

Hand dryers kill coronavirus.

FACT:

Hand dryers do not kill coronavirus. The best way to protect yourself is by using an alcohol-based hand sanitizer, and frequently washing your hands.

MYTH:

Children cannot get COVID-19.

FACT:

Evidence suggests that children are just as likely to contract it, but their symptoms tend to be less severe.

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MYTH:

You can contract COVID-19 in a swimming pool.

FACT:

It is highly unlikely that an individual can contract this virus in a swimming pool, due to the chemicals used in swimming pools and the frequency that they are cleaned.

MYTH:

You have to be with someone for 10 minutes in order to catch the virus.

FACT:

The longer you are with someone, the higher the chance that you will contract the virus. However, there is no minimum time limit needed in order to catch the virus; you can catch it under 10 minutes.

MYTH:

Garlic protects against coronavirus.

FACT:

There is no evidence to suggest that garlic can protect people from COVID-19.

MYTH:

You can get rid of COVID-19 by gargling, injecting and/or applying bleach on your skin.

FACT:

Bleach should never be gargled, injected, or applied to the skin. Bleach is a corrosive, and will cause severe damage to the body. Bleach should only be used in order to clean bacteria or viruses on surfaces.

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MYTH:

Drinking alcohol reduces the risk of infection.

FACT:

Alcohol use, especially heavy use, weakens the immune system which will reduce the ability to cope with infectious diseases.

MYTH:

You need to wash your hands with soap and warm water to kill the virus.

FACT:

You can wash your hands with warm or cold water—either is adequate to use with soap to kill the virus.

MYTH:

It takes 24 hours for the virus to die.

FACT:

The time it takes for the virus to die varies depending on the type of surface it is on (hard, plastic, wood, fabric).

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MYTH:

The freezer will kill the virus.

FACT:

The freezer incubates the virus, so it is advised to wipe down packaged foods or take the inside food items out (if they are individually wrapped) and then place them in the freezer.

MYTH:

Masks are necessary to keep you safe.

FACT:

Masks keep the virus 'in,' so they are advised in order to reduce your transmission of the virus to others.

MYTH:

Only older adults and young people are at risk.

FACT:

People of all ages are at risk of contracting COVID-19.