

MYTHS AND MISINFORMATION ABOUT COVID-19 PANDEMIC

The false news, myths and misinformation about Covid-19 pandemic are spreading everywhere and more rapidly, especially through social media.

Please take note of the following:

Exposing yourself to the sun — or to temperatures above 25 degrees Celsius will not stop you from contracting the disease, according to the World Health Organization (WHO). The virus can be transmitted anywhere, even countries with hot and humid weather.

Does it mean that I don't have the virus if I can hold my breath for 10 seconds without discomfort or coughing? This is FALSE. WHO pointed out that the best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test, not with breathing exercises.

Using hand sanitisers that contain 70% or more of alcohol has been found to kill the coronavirus. However, alcohol and chlorine will not kill the virus if it has entered the body already.

The most common misconception is that only older people can get this infection and younger people are not so vulnerable to this virus. But the recent cases clarify that people of any age can get affected by Covid-19, there is no age differential to this virus.

Finally, you are advised to keep alert about the myths and misconceptions of Covid-19. For better protection, know the facts. Get correct information about the virus from credible sources. Follow the preventative measures such as social distancing, putting on a mask, frequently washing your hands with soap or using sanitiser with 70% alcohol content, etc.