



Coronavirus disease (COVID-19) advice for the public: Myth busters

Section navigation

Can people wear masks while exercising?

People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

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16 June 2020

World Health Organization

The infographic features a circular illustration of a woman riding a bicycle and a man jumping in a park. The background is green with yellow and white text.

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Can shoes spread the COVID-19 virus?

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

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FACT: The coronavirus disease (COVID-19) is caused by a virus. NOT by bacteria.

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses.

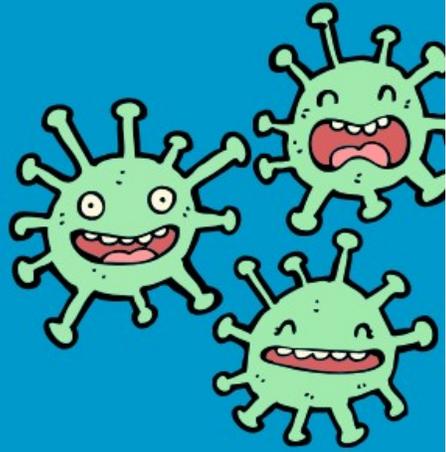
Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In some cases, antibiotics may be recommended by a health care provider.

There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

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COVID-19 is caused by a virus, NOT by bacteria.



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The prolonged use of medical masks* when properly worn, DOES NOT cause CO₂ intoxication nor oxygen deficiency

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO₂ intoxication or oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to prevent you from breathing normally. Do not re-use a disposable mask and always change it as soon as it gets damaged.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

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#COVID19

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Most people who get COVID-19 recover from it

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone. If you have fever and live in an area with malaria or dengue seek medical care immediately.

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Drinking alcohol does not protect you against COVID-19 and can be dangerous

The harmful use of alcohol increases your risk of health problems.

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Thermal scanners **CANNOT** detect **COVID-19**

Thermal scanners are effective in detecting people who have a fever (i.e. have a higher than normal body temperature). They cannot detect people who are infected with COVID-19. There are many causes of fever. Call your healthcare provider if you need assistance or seek immediate medical care if you have fever and live in an area with malaria or dengue.

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27 May 2020

The infographic features a blue background with white and yellow text. On the right, there is an illustration of a person with a suitcase and a thermometer. The text is arranged in a clear, hierarchical manner, with the main message in large, bold letters.

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There are currently no drugs licensed for the treatment or prevention of **COVID-19**

While several drug trials are ongoing, there is currently no proof that hydroxychloroquine or any other drug can prevent or cure COVID-19. The misuse of hydroxychloroquine can cause serious side effects and illness and even lead to death. The WHO is coordinating efforts to develop and evaluate medicines to treat COVID-19.

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Adding pepper to your soup or other meals **DOE** prevent or cure **COVID-19**

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. For your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19.

The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

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Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19.

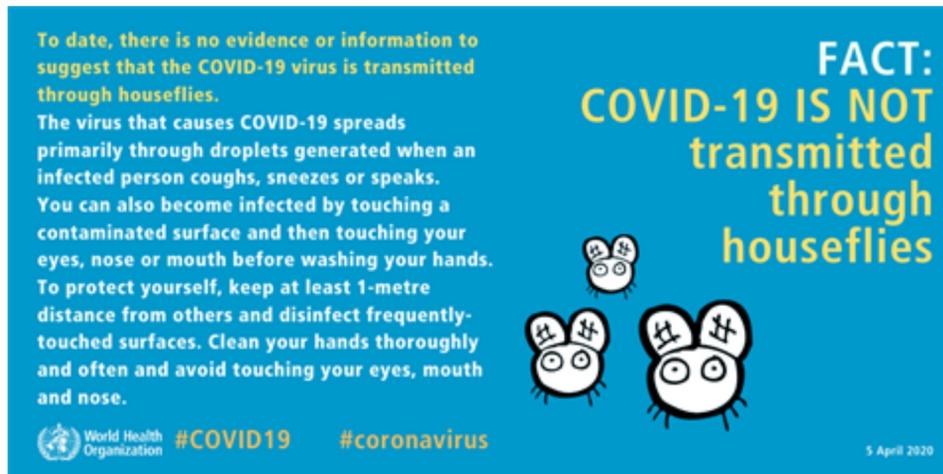


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COVID-19 IS NOT transmitted through houseflies

To date, there is no evidence or information to suggest that the COVID-19 virus transmitted through hou COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or s infected by touching a contaminated surface and then touching your eyes, nose or mouth before washir yourself, keep at least 1-metre distance from others and disinfect frequently-touched surfaces. Clean yc and avoid touching your eyes, mouth and nose.



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Spraying and introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19. Doing so can be dangerous

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be harmful if ingested and cause irritation and damage to your skin and eyes.

Bleach and disinfectant should be used carefully to disinfect surfaces only. Remember to keep chlorine disinfectants out of reach of children.

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes.

Bleach and disinfectant should be used carefully to disinfect surfaces only.

Remember to keep chlorine (bleach) and other disinfectants out of the reach of children.

**FACT:
Spraying or introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous**



Methanol, ethanol, and bleach are poisons. Drinking them can lead to disability and death. Methanol, ethanol and bleach are sometimes used in cleaning products to kill the virus on surfaces – however you should never drink them. They will not kill the virus in your body and they will harm your internal organs.

To protect yourself against COVID-19, disinfect objects and surfaces, especially the ones you touch regularly. You can use diluted bleach or alcohol for that. Make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.


#COVID19 #coronavirus

27 April 2020


#COVID19 #coronavirus

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Drinking methanol, ethanol or bleach DOES NOT protect you against COVID-19 and can be extremely dangerous

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5G mobile networks DO NOT spread COVID-19

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

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. It can also be spread by touching a contaminated surface and then their eyes, mouth or nose.

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5G mobile networks DO NOT spread COVID-19



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

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Exposing yourself to the sun or to temperatures degrees **DOES NOT** prevent the coronavirus dis

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You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus **DOES NOT** mean life.

Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch COVID-19, you may experience symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your doctor if you are a high-risk patient. Most patients recover thanks to supportive care.

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Being able to hold your breath for 10 seconds or coughing or feeling discomfort **DOES NOT** mean the coronavirus disease (COVID-19) or any other

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

FACT: Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort **DOES NOT** mean you are free from the coronavirus disease (COVID-19) or any other lung disease.

The COVID-19 virus can be transmitted in any climate, including areas with hot and humid weather. The best way to protect yourself against COVID-19 is by maintaining physical distance of at least 1 metre from others and frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

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Drinking alcohol does not protect you against COVID-19. It is dangerous

Frequent or excessive alcohol consumption can increase your risk of health problems.

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COVID-19 virus can be transmitted in areas with climates

The best way to protect yourself against COVID-19 is by maintaining physical distance of at least 1 meter from other people. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur through your nose.

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Cold weather and snow CANNOT kill the new coronavirus

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

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Cold weather and snow CANNOT kill the new coronavirus

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.
The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands.

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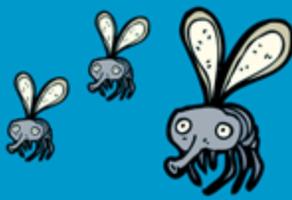
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The new coronavirus CANNOT be transmitted th

To date there has been no information nor evidence to suggest that the new coronavirus could be transi respiratory virus which spreads primarily through droplets generated when an infected person coughs o from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash with anyone who is coughing and sneezing.

<p>To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.</p> <p>The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.</p> <p>To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.</p> <p>FACT: The new coronavirus CANNOT be transmitted through mosquito bites</p>  <p>World Health Organization #Coronavirus #COVID19</p>	<p>No. Hand dryers are not effective in killing the 2019-nCoV.</p> <p>To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or warm air dryer.</p> <p>World Health Organization #2019nCoV</p>
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Are hand dryers effective in killing the new coro

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, use alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should c dry.

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Ultra-violet (UV) lamps should not be used to disinfect areas of your skin

UV radiation can cause skin irritation and damage your eyes.

Cleaning your hands with alcohol-based hand rub or washing your hands with soap and water are the n

UV radiation can cause skin irritation and damage your eyes.

Cleaning your hands with alcohol-based hand rub or washing your hands with soap and water are the most effective ways to remove the virus.

FACT: Ultra-violet (UV) lamps should not be used to disinfect hands or other areas of your skin.

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenzae type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

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There are many causes of fever. Call your healthcare provider if you need assistance or seek immediate medical attention for symptoms such as malaria or dengue.

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

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is still important for overall health.

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Can regularly rinsing your nose with saline help prevent new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with COVID-19.

There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly, but this has not been shown to prevent respiratory infections.

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Can eating garlic help prevent infection with the

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from studies that eating garlic can prevent infection with the new coronavirus.

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Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

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WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Does the new coronavirus affect older people, or are younger people also susceptible?

No, antibiotics do not work against viruses, only bacteria.
The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.
However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

World Health Organization #Coronavirus

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Are antibiotics effective in preventing and treating the new coronavirus (2019-nCoV)?

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Are there any specific medicines to prevent or treat the new coronavirus (2019-nCoV)?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

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Are there any specific medicines to prevent or treat the new coronavirus?

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