

DO YOU BELIEVE IN THESE MYTHS?

1



Alcohol & smoking will prevent COVID-19

2



Hand sanitizer should not be used frequently

3



Antibiotics will cure COVID-19

4



Masks can make you hypoxic

5



You can't recover from COVID-19

6



COVID-19 is spread by mosquitos & houseflies

7



Sunlight & cold weather can cure COVID-19



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சுகாதார சேவை பணிப்பாளர் காரியாலயம் - மேல் மாகாணம்
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Facts About COVID-19



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01



Alcohol & smoking will prevent COVID-19

FACT 01

Drinking alcohol or smoking **DOES NOT** prevent or cure COVID-19 and can be extremely dangerous

Methanol and ethanol are poisons. Drinking them can lead to disability and death. They 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.

Source: World Health Organization (July 2021)

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02

Hand sanitizer should not be used frequently



FACT 02

Hand sanitizers can be used often

An alcohol-based sanitizer does not create antibiotic resistance. Unlike other antiseptics and antibiotics, pathogens (harmful germs) do not seem to develop resistance to alcohol-based sanitizers. Alcohols in the sanitizers have not been shown to create any relevant health issues. Little alcohol is absorbed into the skin, and most products contain an emollient to reduce skin dryness. Any manufactured substance developed to alleviate illness or contribute to better health is permitted by the Qur'an, including alcohol used as a medical agent

Source: World Health Organization (July 2021)

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03

Antibiotics will cure COVID-19



FACT 03

Antibiotics will NOT cure COVID-19

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 this case, 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.

Source: World Health Organization (July 2021)

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04



Masks can make you hypoxic

FACT 04

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 nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

Source: World Health Organization (July 2021)

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05

You can't recover from COVID-19



FACT 05

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. Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you have a cough, fever and difficulty breathing seek medical care early.

Source: World Health Organization (July 2021)

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06



COVID-19 is spread by mosquitos & houseflies

FACT 06

The COVID-19 virus CANNOT be spread through mosquito and houseflies

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes and houseflies. 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. 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.

Source: World Health Organization (July 2021)

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07

Sunlight & cold weather can cure COVID-19



FACT 07

Exposing yourself to the sun or cold temperatures DOES NOT protect you from COVID-19

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 against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water. 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.

Source: World Health Organization (July 2021)

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