

Shattering COVID-19 (Coronavirus) Myths

MYTH 1: COVID-19 is a bigger risk to our health than the flu.

FACT: Influenza (also known as the flu), has a much bigger impact on the United States than COVID-19 currently. So far this season, 22 million people have been affected by it and over 15,000 have died from the flu. Vaccination, hand-washing and avoiding ill persons will help protect you from the flu.

MYTH 3: My doctor can test me for COVID-19 if I am concerned about possibly having the virus.

FACT: At this time, it is recommended that doctors test for COVID-19 only if the individual has symptoms, have traveled to areas with widespread transmission or have had contact with a person known or suspected to have COVID-19.

MYTH 5: If someone is wearing a mask out in public, they probably have COVID-19.

FACT: No, someone may be wearing a mask to prevent the spread of other respiratory viruses such as the seasonal flu.

MYTH 7: Pets can carry and spread COVID-19.

FACT: At present, there is no evidence that any animals, including domestic pets, can be infected by or spread the virus. However, according to the CDC, since animals can spread other diseases to people, it's always a good idea to wash your hands after being around animals.

MYTH 2: I can get COVID-19 from walking through an airport.

FACT: Transmission of COVID-19 happens when you are in close contact (within 6 feet) with an infected person for an hour or so. The risk of this occurring in an airport or other open public places are very low.

MYTH 4: Wearing a mask will protect me from the virus.

FACT: Unless you have been told by your doctor that you should wear a mask because of a chronic medical condition, masks are not necessary. The Centers for Disease Control and Prevention recommends that only people having symptoms such as coughing, sneezing or a runny nose should wear a mask. This will help effectively prevent the spread of COVID-19. Healthy people do not require a mask.

MYTH 6: Spraying alcohol, chlorine or bleach all over your body will protect you from the virus.

FACT: No, spraying alcohol, chlorine or bleach all over your body will not kill any viruses that have already entered your body or protect you from those who could have the virus. These substances can be used to disinfect surfaces but are harmful when in contact with your skin, eyes or mouth.

MYTH 8: COVID-19 only infects the old or the young.

FACT: People of all ages can be infected with COVID-19. It appears that children may be less susceptible to being infected with COVID-19 due to their exposure to other viruses at school and daycare. Older individuals and those with pre-existing medical conditions may be more vulnerable to this virus.

An Important Fact To Remember - The best ways to prevent COVID-19

- Clean Your Hands Often
- Avoid Close Contact with People who are Sick
- Cover Coughs and Sneezes
- Stay Home if you are Sick
- Clean and Disinfect