

It seems like every day we are being told something new or something different about COVID-19. Keeping up with the flood of information and news alerts is nearly impossible. Along the way, there are many misconceptions and misunderstandings about the virus and how to stay safe. Here are some of the most misunderstood facts about COVID-19 that we need to set straight.

1. Once quarantine is over, it's safe to go back to normal

Once cities and states lift restrictions on social distancing and quarantines, it doesn't mean COVID-19 will suddenly go away. We will likely have to continue some form of social distancing for some time.

2. The true number of cases and deaths

There is a little lag in reporting the true number of cases and deaths. Until someone tests positive for COVID-19, they aren't added to the statistics. And there are still those who likely have coronavirus but aren't tested.

3. Garlic and onions as remedies

These have been touted online as holistic ways to protect yourself against catching the coronavirus. These have never been proven effective forms of protection or treatment.

4. Anti-inflammatory drugs make it worse

It was a viral post that claimed anti-inflammatory drugs, like ibuprofen, make the symptoms of the virus worse. Officials have said this is not true and the World Health Organization (WHO) has said ibuprofen is safe to take, even if you are diagnosed with COVID-19.

5. Dozens of "cures"

These miracle "cures" are popping up all over the place. Claims have been made about everything from colloidal silver and essential oils to animal urine and feces as cures for the virus. Authorities are now cracking down on this false information, especially as some of the claims are really dangerous.

6. Hot temperatures and fluids kill the virus

Many seem to think that the virus will die off in the warmer summer months or that drinking hot fluids can kill the virus. Medical professionals have reminded us that drinking liquid that is too

hot could be damaging to your mouth and throat, and that coronavirus can be transmitted in ANY climate or temperature.

7. Antibiotics can help you fight COVID-19

COVID-19 is a viral infection. Since antibiotics treat bacterial infections, they will do nothing to treat the coronavirus.

8. “Immunity boosting products” helping to prevent the spread

While vitamins aren’t a bad thing, many companies are selling formulas, claiming their products will prevent a person from contracting the virus or spreading it. The WHO has stated these products don’t have any measurable effect on COVID-19.

9. The Earth is healing

It doesn’t hurt the climate that less people are out on the roads and some manufacturing facilities have been shut down, but images showing extreme changes already are often not the truth. One photo of the canals in Venice with clear water and swans is in fact not even a picture of the Venice canals. These should be taken with a grain of salt.

10. Meat products could be tainted with coronavirus

Some have started to avoid meat and animal products for fear they could carry COVID-19. The WHO has stated that the only animal products you should avoid are those from animals who died of sickness.

11. Bat soup led to the outbreak

A video surfaced in the last few weeks claiming that bat soup from China is the source of COVID-19. However, the true source of coronavirus is yet to be confirmed.

12. Corona the beer doesn’t equal coronavirus

Though this seems like a wild misconception, it’s becoming an internet meme. There are pictures showing store shelves totally empty except stacks of the Corona brand of beer. Corona the beer is merely a brand. Coronavirus is completely different.

13. Spraying yourself with or ingesting chemicals will kill the virus

This misconception is extremely dangerous. Disinfectant chemicals should never be ingested and spraying them on yourself will not kill the virus if it’s already entered your body. Plus, spraying yourself with a disinfectant can cause skin irritation.

14. Other vaccines will protect you from the coronavirus

COVID-19 is new. It's a virus that was previously unknown and because of that, it will need it's own vaccine.

15. Ultraviolet light can kill the coronavirus

UV light can cause skin irritation very quickly. Exposure to UV light will not kill the virus but could make you very uncomfortable very quickly.

16. Chloroquine is an effective treatment

This claim was made by many and it has yet to be approved as a treatment for COVID-19. Chloroquine, originally an anti-malarial drug, is now frequently used to treat patients with autoimmune diseases like arthritis and lupus. Because of the misinformation, some patients had trouble filling their prescriptions. It can cause serious harm if not taken under the direction of a doctor.

17. There is already a cure or vaccine for COVID-19

While health organizations have announced the first phase of trials of a new vaccine, there has not yet been a COVID-19 vaccine approved for commercial use. And because it's a virus, antibiotics will not work, so doctors are still learning which treatments work best for COVID-19 patients.

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