

# COVID-19 Myths vs. Facts



**MYTH:** I will be protected from COVID-19 if I wear a face mask.

**FACT:** Wearing a face mask will NOT protect *you* from COVID-19, but it may protect others in your community. An individual infected with COVID-19 can infect others via infected droplets that may still get into the nose, mouth or eyes of a person wearing a face mask, and any person wearing a face mask who comes into contact with an item contaminated with the COVID-19 virus can become infected if they touch their nose, mouth or eyes prior to washing their hands. [2] However, new data shows that almost 25% of those infected with COVID-19 are asymptomatic. [3] This means infected individuals may unknowingly be transmitting the disease to others. In light of this, the CDC recommends the general public wear cloth face coverings when out in the community to reduce transmission. [1]

**MYTH:** COVID-19 is less likely to be transmitted and may potentially be killed in extremely hot or cold climates.

**FACT:** COVID-19 can be transmitted in ANY climate at ANY temperature. Extremely hot and/or cold weather CANNOT kill the new coronavirus. [4]

**MYTH:** Only the older population are susceptible to COVID-19.

**FACT:** All population groups can be infected with COVID-19, but the older population and those with pre-existing medical conditions appear to be at significantly higher risk of becoming seriously ill. [4]

**MYTH:** Antibiotics can effectively prevent and/or treat COVID-19.

**FACT:** Antibiotics do not prevent and/or treat COVID-19 as COVID-19 is a viral infection. [4]

**MYTH:** Individuals vaccinated against pneumonia are immune from COVID-19.

**FACT:** Vaccines utilized to prevent pneumonia, such as the pneumococcal vaccine or the Haemophilus influenza type B (HiB) vaccine, do NOT provide protection against COVID-19. The virus is new and different requiring its own vaccine. [4]

## References

[1] Centers for Disease Control & Prevention. (2020, April 3). *Recommendation regarding the use of cloth face coverings, especially in areas of significant community-based transmission.* <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

[2] Maragakis, L. L. (n.d). *Coronavirus disease 2019: Myth vs. Fact.* Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>

[3] Renwick, D. (2020, April 2). *Face masks: Can they slow coronavirus spread-and should we be wearing them?* The Guardian. <https://www.theguardian.com/world/2020/apr/02/face-masks-coronavirus-covid-19-public>

[4] World Health Organization. (n.d.). *Coronavirus disease (COVID-19) advice for the public: Myth busters.* <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

