

**DEBUNKING MYTHS ABOUT HOW TO AVOID OR CURE CORONAVIRUS  
SOCIAL MEDIA IS SPREADING PLENTY OF FALSE RUMORS ABOUT CORONAVIRUS**

**Myth #1: Keep your mouth moist and drink a lot of water to prevent infection.**

- There is no current scientific evidence behind the claim that keeping your mouth moist will prevent infection with coronavirus. But staying hydrated can help keep your immune system strong. The temperature of the water you drink is not important.

**Myth #2: Drink water often to flush virus into your stomach where acid will kill it.**

- You cannot flush out the virus from your airway by drinking water. The idea that drinking water will push the virus into your stomach where it will be killed is not based on any scientific fact.

**Myth #3: If you have a runny nose, you probably just have the common cold.**

- If you feel unwell for any reason, you should take precautions to avoid infecting others. The symptoms of coronavirus are not specific and can vary greatly. The common cold and seasonal influenza are viral infections that can have very similar, even sometimes identical, symptoms to COVID-19, including fever, cough and shortness of breath.

**Myth #4: Holding your breath without coughing means no infection.**

- A myth going around social media claims if you take a deep breath, hold it for more than ten seconds and do it without coughing or discomfort, there is no fibrosis, or infection, in the lungs. This advice has many layers, none of which seems to be based on science.

**Myth #5: Go get the flu vaccine, it will help with the coronavirus.**

- The symptoms of the flu and coronavirus are similar so developing fever and cough from influenza could result in having to be tested and/or isolated due to COVID-19. But there is no current evidence that the flu shot will help with coronavirus. It will not protect you from coronavirus. They are different viruses.

**Myth #6: This will go away by summertime.**

- The short answer is probably not. But it is too soon to say.

**Myth #7: Vitamin C and other supplements can boost your immune system to combat coronavirus.**

- No evidence exists at this time that adding supplements to your diet will protect you from coronavirus or spur a speedy recovery. Additionally, most people are able to obtain all of their necessary vitamins and minerals through a healthy diet.

**TRUE OR FALSE**

1. A vaccine to cure COVID-19 is available. **FALSE.**
2. You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, salt water, ethanol or other substances. **FALSE.**
  - None of these recommendations protect you from getting COVID-19, and some of these practices may be dangerous.
3. The new coronavirus was deliberately created or released by people. **FALSE.**
4. Ordering or buying products shipped from China will make a person sick. **FALSE.**
5. A face mask will protect you from COVID-19. **FALSE.**
  - For the general public without respiratory illness, wearing lightweight disposable surgical masks is not recommended. Because they do not fit tightly, they may allow tiny infected droplets to get into the nose, mouth or eyes. People with a respiratory illness can wear these masks to lessen their chance of infecting others.