

COVID-19

Myth Busting! Fact vs. Fiction

Question 1: Will swallowing/gargling with bleach, taking acetic acid, steroids, using essential oils, salt water, ethanol (alcohol), or other substances protect me from COVID-19?

Fact: **NONE** of these methods will protect you from COVID-19 and some are dangerous or can be deadly! You can best protect yourself by washing your hands for 20 seconds frequently, avoid touching your face, and practicing social distancing.

Question 2: Was COVID-19 intentionally created and released by people?

Fact: Sometimes, viruses that are common in animals like pigs, bats or birds undergo mutations that allow them to spread to humans. This is likely how the current COVID-19 virus mutated.

Question 3: Can you get COVID-19 from a shipped package?

Fact: The likelihood of becoming infected from a commercial package is low since it has likely traveled over several days and been exposed to different conditions and temperatures during transit. It is, however, possible as the virus can live on cardboard for up to 72 hours, so if your delivery person has it, they could potentially pass it on.

Question 4: Should you wear a mask in public?

Fact: As of 4 April, 2020 the CDC recommends the use of a homemade mask to be used while in public areas that are currently experiencing high numbers of new cases. As a community we need to protect the supply of disposable masks and help keep healthcare workers safe from Covid-19 infection.

Question 5: Can you be reinfected with COVID-19 after you have recovered?

Fact: Early reports of “reinfections” in Japan and China were most likely a result of these individuals never fully clearing the initial virus. Once you have been infected and completely recovered, your body will mount the appropriate immunological response to protect you from reexposure in the near future. Potential future infections three months after first recovery (like in fall 2020) are unknown at this time, but may happen if the virus mutates.

Question 6: Can young people get really sick from the virus?

Fact: The last CDC report on March 18 stated that adults ages 20-44 were making up 20% of COVID-related hospitalizations. Almost half of the patients admitted to the ICU in critical condition were under the age of 64. The majority of people affected have underlying health problems, but not all.

Question 7: Will taking Ibuprofen make you sicker if you have COVID-19?

Fact: Nonsteroidal anti-inflammatory drugs (NSAIDs), like aspirin and ibuprofen, can sometimes suppress your immune system. The FDA stated that the use of NSAIDs could aggravate symptoms in patients with COVID-19. If you already have a weakened immune system, it's better to take acetaminophen.

This information was prepared by students in Pacific Lutheran University's NURS 430: Situations in Community Health course as of April 17, 2020 and is meant for informational purposes only. Nothing provided in this format is intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your medical provider with any questions you may have regarding a medical condition or mental disorder. Never disregard professional medical advice or delay in seeking it because of something you read on this website.

References:

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