



# Coronavirus Disease 2019 (COVID-19): Myths and Facts

Office of Community Health, Equity and Wellness

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# The following things will not prevent or kill COVID-19 once you are infected:

- Taking a hot bath
- Gargling with vinegar, salt water, or any other substance
- Eating garlic or pepper
- Using a hot hand dryer
- Rinsing your nose with saline
- Drinking apple cider vinegar
- Putting alcohol, chlorine, bleach, or other cleaning supplies on or in your body

# Myth: COVID-19 pandemic is being overblown or exaggerated

## Fact: COVID-19 is a serious threat worldwide and we must all take steps to prevent the spread as much as possible

- The United States now has more cases and more deaths from COVID-19 than anywhere in the world
- We should all take orders to stay home and distance ourselves from others as seriously as possible, because this is the best tool we have to prevent the spread of the disease



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# Myth: COVID-19 is just like the flu

## Fact: COVID-19 is deadlier and more infectious than the seasonal flu

- On average, 12,000 to 61,000 people in the U.S. die of the seasonal flu each year
- As of August 2020, over 170,000 people have died from COVID-19 in less than 9 months



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Myth: Only certain races and ethnicities can get COVID-19

Fact: People of all races and ethnicities can get COVID-19

- Over 30% of COVID-19 cases in Michigan have been amongst African Americans



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Myth: Certain races and ethnicities are more likely to spread COVID-19

Fact: No one race or ethnicity is more likely to spread COVID-19

- There has been great stigmatization and discrimination of people of Asian descent during COVID-19
- People of Asian descent are not more likely to spread COVID-19 than anyone else



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# Myth: Mosquitos can spread COVID-19

Fact: COVID-19 cannot be spread through mosquito bites, houseflies, or any other bug/insect

- The virus is spread through droplets released from the mouth and nose of someone who has COVID-19



Myth: Only elderly people should be worried about COVID-19

Fact: COVID-19 can infect people of all ages, and should be taken seriously by everyone

- In Michigan, a significant proportion of cases have been in people aged 0-49
- Young people are more likely to show less severe symptoms, but are still highly contagious and can spread the disease to others who are more at risk without realizing it



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Myth: Spraying chlorine or alcohol disinfectant all over your body can kill COVID-19

Fact: Spraying chlorine or alcohol on your body will not kill viruses already in your body

- DO NOT drink, ingest, or inject chlorine or any disinfectants to try to prevent or treat COVID-19



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Myth: Vaccines for pneumonia or the flu protect against COVID-19

Fact: There is not yet a vaccine that protects against COVID-19

- *However, getting the flu shot can help our healthcare system.* If there are less people needing to be treated for the flu, our healthcare system has more resources and time for COVID-19 patients.



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# Myth: Antibiotics can kill COVID-19

**Fact: Antibiotics do not work against viruses, only bacteria**

- Because COVID-19 is caused by a virus, antibiotics will not work
- However, if you are hospitalized for COVID-19, you may receive antibiotics because of the risk of bacterial co-infection

Myth: It is unsafe to receive mail and packages during COVID-19

Fact: It is safe to handle packages, including ones from China, during COVID-19

- According to WHO, the likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package is also low.
- If you are concerned, after opening your mail and throwing away the envelopes, thoroughly wash your hands for at least 20 seconds with soap and water



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# Myth: Pets can give COVID-19 to humans

**Fact: Based on what we know now, the risk of a pet giving a human COVID-19 is believed to be low.**

- Animals and some household pets have tested positive for COVID-19.
- It appears that the virus can spread from people to animals in some situations, but at this time the risk of COVID-19 spreading from animals to people seems low.
- Don't let your pets interact with other pets outside your household, and if someone in your home is sick, keep all pets away from the sick person.