

Facts and Myths about COVID-19 (Part 2)

Is dexamethasone a treatment for all COVID-19 patients?

Dexamethasone should be reserved for patients who need it most. It should not be stockpiled.

It provided no improvement for patients with mild symptoms. Dexamethasone is a corticosteroid used for its anti-inflammatory and immunosuppressive effects. For some COVID-19 patients on ventilators, a daily 6 mg dose of dexamethasone for 10 days improved their health

FACT: People should NOT wear masks while exercising

People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

Fact: Water or swimming does not transmit the COVID-19 virus

The COVID-19 virus does not transmit through water while swimming. However, the virus spreads between people when someone has close contact with an infected person.

WHAT YOU CAN DO:

Avoid crowds and maintain at least a 1-metre distance from others, even when you are swimming or at swimming areas. Wear a mask when you're not in the water and you can't stay distant. Clean your hands frequently, cover a cough or sneeze with a tissue or bent elbow, and stay home if you're unwell.

FACT: The likelihood of shoes spreading COVID-19 is very low

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

FACT: The coronavirus disease (COVID-19) is caused by a virus, NOT by bacteria

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses.

Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a health care provider.

There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

FACT: The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

FACT: Most people who get COVID-19 recover from it

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first. If you have fever and live in an area with malaria or dengue seek medical care immediately.

FACT: Drinking alcohol does not protect you against COVID-19 and can be dangerous

The harmful use of alcohol increases your risk of health problems.

FACT: Thermal scanners CANNOT detect COVID-19

Thermal scanners are effective in detecting people who have a fever (i.e. have a higher than normal body temperature). They cannot detect people who are infected with COVID-19. There are many causes of fever. Call your healthcare provider if you need assistance or seek immediate medical care if you have fever and live in an area with malaria or dengue.

FACT: Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.