

## Facts and Myths about COVID-19 (Part 4)

### **The COVID-19 virus CANNOT be spread through mosquito bites**

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

### **FACT: Hand dryers are NOT effective in killing the COVID-19 virus**

Hand dryers are not effective in killing the COVID-19 virus. To protect yourself, frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

### **FACT: Ultra-violet (UV) lamps should NOT be used to disinfect hands or other areas of your skin**

UV radiation can cause skin irritation and damage your eyes.

Cleaning your hands with alcohol-based hand rub or washing your hands with soap and water are the most effective ways to remove the virus.

### **FACT: Vaccines against pneumonia DO NOT protect against the COVID-19 virus**

Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against COVID-19, and WHO is supporting their efforts.

Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.

### **FACT: Rinsing your nose with saline does NOT prevent COVID-19**

There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

**FACT: Eating garlic does NOT prevent COVID-19**

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

**FACT: People of all ages can be infected by the COVID-19 virus**

Older people and younger people can be infected by the COVID-19 virus. Older people, and people with pre-existing medical conditions such as asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus.

WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

**FACT: Antibiotics CANNOT prevent or treat COVID-19**

Antibiotics work only against bacteria, not viruses.

COVID-19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment.

However, if you are hospitalized for COVID-19, you may receive antibiotics because bacterial co-infection is possible.