

# Myths and Facts about COVID-19: The Pandemic

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## ABSTRACT

The corona virus disease 2019 (COVID-19) in India is a part of the worldwide pandemic caused by severe acute respiratory syndrome corona virus 2.<sup>1</sup> Slowly, the pandemic spread to various states including the union territory of Puducherry.<sup>2</sup> The first case was recorded in Puducherry on March 17, 2020. Currently, a significant high-level prevalence of COVID-19 has been identified in almost all over Puducherry, which reached approximately 30,000 cases till date, and it takes a challenging lead in treating corona-positive patients in the pandemic situation.<sup>5</sup> It reflects there is miscegenation about the novel coronavirus in the society. There are lots of myths and facts that muddle in the minds of positive COVID-19 patients.<sup>3</sup> Hence, this article focuses on the myths and facts reflecting the level of cognition and also creates a general awareness about COVID-19 among the general public.<sup>10</sup>

**Keywords:** COVID-19, Disease, Facts, Myths, Spreading.

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## INTRODUCTION

Corona virus disease 2019 (COVID-19) is a deadly virus, which arises in high virulence all over the world. Miscegenation of information to the public will defeat the right information.<sup>1</sup> They can muddle in their minds about COVID-19 and create stigma over together.<sup>2</sup> Here, we focus on the various myths and facts about the deadly virus, give a crystal clear idea about COVID-19, and reduce the spread of the novel coronavirus in the world.<sup>3</sup>

## MYTHS ABOUT COVID-19

There is no scientific research evidence about the myths on COVID-19, here such an imbecile attitude can create a superstitious belief among the current generation, which are as follows:<sup>3</sup>

- COVID-19 is transmitted in the areas with high humid climates and hot climates.
- Can sprinkle alcohol or chlorine all over the body to destroy COVID-19.<sup>4</sup>
- Hot water bath is effective in reducing the risk of COVID-19.
- Vaccines against pneumonia will be the protective measure against COVID-19 virus.<sup>5</sup>
- Regular rinsing of your nose and mouth with saline solution assures to prevent the virus.
- COVID-19 virus only affects the elderly and persons with comorbidity.
- The positive COVID-19 patient might die.
- Eating garlic will prevent the infection.
- AYUSH is the best medicine for COVID-19 compared to allopathic medicines.
- Vitamin C will prevent the deadly virus.
- Only wearing a mask prevents COVID-19 virus.
- Eating herbal plants can cure COVID-19.
- Dried ginger tea is the herbal treatment for COVID-19.
- Eating meat can cause coronavirus.
- Hold your breath for 10 seconds is the health practice to confirm the absence of COVID-19.
- Taking alcohol can prevent COVID-19.

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## FACTS ABOUT COVID-19

- There is no evidence of clinical benefits of hydroxychloroquine to treating COVID-19.
- The COVID-19 is caused by a virus, not by bacteria.
- The long period of using medical masks when wore properly would not cause carbon dioxide intoxication or deficiency of oxygen.<sup>5</sup>
- Most people who get COVID-19 recover from general treatment.
- Risk of comorbidity with positive polymerase chain reaction testing may reflect a poor prognosis.
- Intake of alcohol would not protect against coronavirus and can be fatal.
- Thermal scanners cannot detect COVID-19.
- Sprinkle and usage of bleach or any another sterilizations into our body do not protect against COVID-19 and can be more severe.
- Consuming methanol, ethanol, or bleach would not prevent or cure coronavirus and can be severely threatening.
- 5G mobile networks do not spread COVID-19.
- Exposing yourself to the sun or temperatures higher than 25°C does not protect you from COVID-19.<sup>6</sup>
- Freezing weather and blizzard would not kill the COVID-19 virus.

- Bathing in hot water would not be preventing COVID-19.
- Mosquitoes and other biting insects do not spread COVID-19 virus.<sup>6</sup>
- Hand dryers are not essential in destroying the COVID-19 virus.
- Ultraviolet lamps are not used to sanitize hands or other areas of skin.
- Vaccines against pneumonia do not protect against the COVID-19 virus.
- Washing nose with saline does not prevent COVID-19 virus.<sup>7</sup>
- Taking garlic would not prevent COVID-19.
- People of all ages have a chance to be infected by the COVID-19 virus.<sup>7</sup>
- Antibiotics do not prevent or cure COVID-19.
- There are no sort of medicines that can prevent or cure COVID-19.

## CONCLUSION

Coronavirus has grappled the world day by day.<sup>8</sup> With no preventive measure or cure in sight, a lot of misinformation is available on the media and it muddles between the general public; it can be hard to actually separate the fact from the fiction.<sup>9</sup> We must find a lot of myths and hoax messages related to COVID-19 infection. The people should trust the recognized governmental organization about the facts on COVID-19 to reduce the anxiety during the pandemic situation.<sup>10</sup>

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