

Myths and Facts about COVID-19: The Pandemic

Jaya Pradha Dhandapani¹, Dhivagar Subburayan²

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 2.¹ Slowly, the pandemic spread to various states including the union territory of Puducherry.² 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.⁵ 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.³ 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.¹⁰

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

Pondicherry Journal of Nursing (2021): 10.5005/jp-journals-10084-13101

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.¹ They can muddle in their minds about COVID-19 and create stigma over together.² 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.³

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:³

- 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-19.⁴
- Hot water bath is effective in reducing the risk of COVID-19.
- Vaccines against pneumonia will be the protective measure against COVID-19 virus.⁵
- 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.

¹Department of Obstetrics and Gynecology Nursing, Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth, Puducherry, India

²Department of Psychiatric Nursing, Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth, Puducherry, India

Corresponding Author: Jaya P Dhandapani, Department of Obstetrics and Gynecology Nursing, Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth, Puducherry, India, Phone: +91 7639126403, e-mail: J.pradhaa17@gmail.com

How to cite this article: Dhandapani JP, Subburayan D. Myths and Facts about COVID-19: The Pandemic. *Pon J Nurs* 2021;14(2):46–47.

Source of support: Nil

Conflict of interest: None

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.⁵
- 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-19.⁶
- 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.⁶
- 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.⁷
- Taking garlic would not prevent COVID-19.
- People of all ages have a chance to be infected by the COVID-19 virus.⁷
- 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.⁸ 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.⁹ 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.¹⁰

REFERENCES

1. Waterson J. Influencers among 'key distributors' of corona virus misinformation; 2020.
2. Kampf G, Todt D, Pfaender S, Steinmann E. Persistence of corona viruses on inanimate surfaces and their inactivation with biocidal agents. *J Hosp Infect* 2020;104(3):P246–P251. DOI: 10.1016/J.Jhin.2020.01.022.
3. Fehr AR, Perlman S. Corona viruses: an overview of their replication and pathogenesis. *Methods Mol Biol* 2015;1282:1–23. DOI: 10.1007/978-1-4939-2438-7_1.
4. Bursztyn L, Rao A, Roth C, Yanagizawa-Drott D. Misinformation during a pandemic. Becker Friedman Institute for Economics at The University of Chicago; 2020 [Retrieved April 21, 2020].
5. Brennen JS, Simon F, Howard PN, Nielsen RK. Types, sources, and claims of COVID-19 misinformation. Reuters Institute; 2020 [Retrieved April 21, 2020].
6. Nebehay S, Shields M. "Fatal mistake" for countries to assume they won't get corona virus – who chief. Reuters; 2020 [Accessed March 6, 2020].
7. Carbone M, Green JB, Bucci EM, Lednický JA. Corona viruses: facts, myths, and hypotheses. *J Thorac Oncol* 2020;15(5):675–678. DOI: 10.1016/J.Jtho.2020.02.024.
8. Kassam N. Disinformation and corona virus. The interpreter. Lowy Institute; 2020.
9. Lytvynenko J. Here's a running list of disinformation spreading about the corona virus. Buzz Feed News [Archived February 6, 2020; Retrieved February 8, 2020].
10. Berman R. COVID-19: study highlights sources of misinformation. *Medical News Today*; 2020.