

COVID 19- FACTS FROM THE WORLD HEALTH ORGANIZATION

There are so many myths floating around- from blowing hot air up your nose with a hairdryer to gargling with scalding vinegar to prevent the Covid-19 virus. Here are 5 helpful FACTS from the World Health Organization.

FOR INFORMATION YOU CAN TRUST:

www.who.int/health-topics/coronavirus



IS WEARING RUBBER GLOVES WHILE OUT IN PUBLIC EFFECTIVE IN PREVENTING THE NEW CORONAVIRUS INFECTION?

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves. You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.



CAN REGULARLY RINSING YOUR NOSE WITH SALINE HELP PREVENT INFECTION WITH THE NEW CORONAVIRUS?

No. 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.



ARE ANTIBIOTICS EFFECTIVE IN PREVENTING AND TREATING THE NEW CORONAVIRUS?

No. Antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



CAN THE NEW CORONAVIRUS BE TRANSMITTED 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 or sneezing.



ARE HAND DRYERS EFFECTIVE IN KILLING THE NEW CORONAVIRUS?

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should 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.