

## Health 7 Health Myths You Need to Stop Believing

With the intention to assist friends, clients, colleagues, associates and others interested in self-care suggestions, and to help minimize feelings of helplessness, during this stress filled time wrapped around the Coronavirus also known as CoVid-19, I'm searching the internet to offer helpful suggestions in a variety of ways. This is one of those ways. I have no intention of taking credit for another's work or contribution. They deserve full credit; therefore, you will see exactly where these articles originated so that you can copy and paste the web address to access informative links located within their articles.

This Article Can Be Found At:

<https://www.msn.com/en-us/health/medical/7-myths-about-coronavirus-you-need-to-stop-believing-now/>

## 7 Myths About Coronavirus You Need to Stop Believing Now

Colby Hall



The COVID-19 pandemic has created a seemingly endless list of tips to follow to stay safe, but there are just as many mistruths and [myths about coronavirus](#) out there. Washing one's hands and limiting contact with as many people as possible (a.k.a. social distancing) are *still* the [best ways to both stay healthy](#) and not spread the virus. But a stubborn amount of misinformation is spreading just as vast as COVID-19 itself.

To help you stay educated, the World Health Organization (WHO) and numerous other reputable medical institutions, such as Johns Hopkins Medicine, are debunking the [myths surrounding COVID-19](#).

For more helpful information, check out [13 Coronavirus Facts You Don't Already Know](#).



### **Myth: There's a coronavirus vaccine out there.**

There is no vaccine for the coronavirus currently available. According to the [experts at Johns Hopkins](#): "There is no vaccine for the new coronavirus right now. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months."



**Myth: Ordering products from China could make you sick.**

COVID-19 is mainly spread through liquid droplets. So while it's technically possible that a product ordered from China could house a virus-infected bit of liquid, the odds of that happening are almost impossible. According to Johns Hopkins, "Scientists note that most viruses like this one do not stay alive for very long on surfaces, so it is not likely you would get COVID-19 from a package that was in transit for days or weeks." So good news: There's no need to change your online shopping habits!



**Myth: A face mask can protect you against coronavirus.**

Surgical masks are helpful for those who may be compromised or exposed to COVID-19. However, [masks don't limit the contraction of coronavirus](#). "Since the virus is transmitted as droplets, it is currently not recommended to need to use standard face masks or surgical face masks, or N95 masks," [Taylor Graber](#), MD, resident anesthesiologist at the University of California San Diego Medical School previously told *Best Life*. "Good hand hygiene and washing is sufficient."

In fact, the surge of surgical mask purchases has created a dangerous shortage for medical professionals who critically need them. So unless you are a doctor, you have COVID-19, or you have a compromised immune system, please don't waste very valuable surgical masks! And for more on this, check out [Will a Face Mask Protect You From Coronavirus? Experts Say No](#).



**Myth: A change in temperature can kill coronavirus.**

According to [WHO](#), "There is no reason to believe that cold weather can kill the new coronavirus or other diseases." Similarly, there have been stories that warm weather can kill coronavirus, but those aren't true either. "The virology of COVID-19 does not diminish in warm temperatures," Rocio Salas-Whalen, MD, of [New York Endocrinology](#) previously told *Best Life*. "Although the virus may have a seasonal cycle, it is not reasonable to expect a huge decline in transmission due to warmer weather alone. We see the largest decrease in infections when people refrain from being in locations with poor ventilation and/or large crowds."



**Myth: Taking a hot bath will protect you against coronavirus.**

There may be relaxing benefits to a hot bath, but it won't keep you from contracting coronavirus. "Taking a hot bath will not prevent you from catching COVID-19," WHO asserts. "Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower." And for more helpful tips on staying healthy, check out [17 Small and Easy Ways to Prevent Coronavirus](#).



**Myth: Bleach, silver solution, and garlic can protect you from coronavirus.**

There are a [ton of scams](#) that have arisen in the past few weeks, which has led to a flurry of complaints from the Food and Drug Administration (FDA). There have been false claims that drinkable silver, gargling with bleach, and garlic soup can help you [avoid COVID-19](#). Long story short, if something sounds too good to be true, then it almost certainly is. Washing your hands and limiting contact with others are still the best ways to avoid getting sick. And for more myths, check out: [Holding Your Breath for 10 Seconds Is Not a Reliable Coronavirus Test](#).



**Myth: Mosquitoes can pass coronavirus from person to person.**

There is no evidence to suggest that coronavirus can spread via mosquitoes, according to WHO. "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," the experts note. And for more valuable health information, here are [50 Science-Backed Health Facts That Will Blow Your Mind](#). *Additional reporting by Alex Daniel.*

**Thank You, Colby Hall** for this informative article. Your web address link for this article is at the top so people can easily access the links you have connected in your article.

**Sally T Carr, CBT Healing Arts**

May the sun shine upon you adding warmth to your day.

When a cool breeze blows may it refresh your spirit.

May the rain fall gently quenching your thirst, nurturing the earth and seeds you sow.

May you Dream Dreams that lift you above repeating thoughts that weigh you down.

May the Moonlight shining upon you touch your heart and remind you to Dream Well.

c. Sally T [McAlpin] Carr 3.17.20