



Research Paper

COVID-19 - THE MYTHS AND FACTS

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Abstract

Mankind's history is confronting a strange time battling an imperceptible adversary; the novel coronavirus illness - 19 (COVID-19). At first saw in the Wuhan, China and now quickly spreading over the world. Because of this pandemic world confronting numerous new passings each day, even today the pace of the passing increments across nations is because of frenzy and following the fantasies. With each worldwide emergency comes an attack of guess and paranoid fears, and coronavirus is the same. Consequently it is essential to know reality and make the human personalities free. Subsequently the audit portrays about the fantasies and genuine realities of COVID-19.

Key words: COVID-19, Facts, Myths, SARS-CoV-2.

INTRODUCTION

Coronavirus illness (COVID-19) is an irresistible malady brought about by a newfound coronavirus called SARS-CoV-2. As per the World Health Organization (WHO), on 31st December 2019 the WHO China Country Office was informed about the instances of pneumonia with an obscure etiology in Wuhan City (1). The sickness has been spreading overall influencing 199 nations. It is an irresistible respiratory sickness with gentle to direct side effects. Normal side effects incorporate fever, hack, sniffing, and brevity of breath. Now and again, tainted people will be asymptomatic. To keep from COVID-19, WHO and Centres for Disease Control and Prevention (CDC) demand us to follow certain safety measures. There is a great deal of data coming out every day about the coronavirus, yet during the pandemic, there are additionally a great deal of

fantasies. Following are the 20 myths that are spreading among society and web-based social networking.

Myth #1: Coronavirus will go away in the summer.

Fact: As per the WHO, this strain of coronavirus can be transmitted paying little heed to the area's atmosphere. An adjustment in temperature isn't required to abridge the episode.

Myth #2: In summer, the virus will spread more due to mosquito bites.

Fact: This infection only spreads via respiratory droplets, not blood. Mosquitos cannot spread the disease.

Myth #3: If you can hold your breath for ten seconds without discomfort, you don't have COVID-19.

Fact: Most youthful patients with coronavirus will have the option to hold their breaths for any longer than 10 seconds. Simultaneously, numerous old individuals who don't have the infection probably won't have the option to do it.

Myth #4: Drinking water every 15 minutes will prevent you from contracting the virus.

Fact: Washing ceaselessly a respiratory infection is unimaginable.

Myth #5: A vaccine to cure COVID-19 is available.

Fact: There is no immunization for the new coronavirus at the present time. Researchers have just started taking a shot at one, however building up an immunization that is sheltered and one that has experienced clinical preliminaries in people will take numerous months.

Myth #6: You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, saltwater, ethanol, or other substances.

Fact: None of these proposals will shield you from getting COVID-19, and a portion of these practices might be hazardous says Lisa Maragakis. The most ideal approaches to shield yourself from this coronavirus (and different infections) include:Washing your

hands oftentimes and completely, utilizing cleanser and hot water. Avoiding close contact with individuals who are debilitated, sniffing, or coughing. Also, you can abstain from spreading your germs by hacking into the law breaker of your elbow and remaining at home when you are wiped out.

Myth #7: You can get the virus from products made in China.

Fact: Researchers right now accept that the infection doesn't get by for extended periods on hard surfaces, in spite of the fact that its life expectancy despite everything is being contemplated. A bundle from China will be in travel for a few days or weeks before being conveyed so it's improbable that it harbors the infection.

Myth #8: Since COVID-19 testing is unavailable, we should donate blood. The blood bank will test for it.

Fact: No blood donation center is trying for coronavirus so this endeavor will fizzle. Blood donation is a holy exercise; how about we ensure we are propelled by the correct reasons.

Myth #9: Hand dryers kill the coronavirus.

Fact: As indicated by the WHO, the best strategy for securing yourself against the infection is washing your hands with warm water and cleanser.

Myth #10: Spraying yourself with chlorine or alcohol will kill the virus.

Fact: Despite the fact that alcohol and chlorine can be utilized in modest quantities as disinfectants on hard surfaces, they can't slaughter the infection once it has entered your framework, as indicated by WHO. The items additionally can bother your mouth, eyes and different mucous films.

Myth #11: Hand sanitisers are better than soap and water.

Fact: Cleanser and water really kills and washes away the infection from the skin (it can not enter our skin cells), other than cleaning the noticeable dirtying of hands.

Myth #12: Eat a lot of garlic to avoid getting the virus.

Fact: Despite the fact that garlic has some antimicrobial properties, which eases back the spread of microorganisms, there isn't any verification that garlic has forestalled the spread of coronavirus as indicated by WHO.

Myth #13: Rinsing your nose with nasal saline will prevent the virus

Fact: There is some constrained proof that routinely flushing your nose with saline brings down the length of a typical chilly, as per WHO. In any case, flushing your nose has not been demonstrated to dispense with the coronavirus or some other respiratory disease.

Myth #14: Chinese food is unsafe to eat right now.

Fact: As indicated by the Centers for Disease Control and Prevention (CDC), the spread of the infection has made a shame toward Asian-Americans, the East Asian people group, and different gatherings who were put in isolate. In all actuality, the infection spreads through respiratory beads and there's little danger of getting the infection from nourishment. The most ideal approach to ensure yourself is frequent hand washing.

Myth #15: A face mask will protect you from COVID-19.

Fact: Masks are compelling at catching droplets, which is the primary transmission course of the coronavirus. As per the CDC, covers should just be worn by human services experts. If somebody is in close contact with a contaminated individual, a mask cuts the opportunity of the infection being passed on. Additionally, it is fitting to individuals who show indications of COVID-19, or who have been analyzed, to wear a cover as that can keep the infection from passing on. In a perfect world, both the patient and the guardian should wear a mask. It will, nonetheless, have little effect in case you're simply strolling around town or taking a transport while wearing a face cover. Individuals who wear masks are bound to contact their face and increment their danger of getting the infection.

Myth #16: Ultraviolet disinfection lamps kill the virus on your skin.

Fact: As indicated by WHO, the most ideal approach to clean your hands is by washing them with cleanser and water. The bright light will aggravate your skin.

Myth #17: The virus was manufactured in a lab and was deliberately released.

Fact: Viral episodes are normal when a creature experiences changes and passes the infection to people, which is the feasible starting point of the coronavirus.

Myth #18: The virus only affects the elderly.

Fact: Individuals who are old or have undermined invulnerable frameworks are at a more serious hazard for extreme disease on the off chance that they contract the infection, as indicated by WHO. Be that as it may, anybody of all ages can acquire and spread the infection to other people, which is the reason it's significant for everybody to play it safe and habitually wash their hands.

Myth #19: The pets at home can spread the new virus.

Fact: There is no such proof at present that partner creatures/pets, for example, dogs or cats can be contaminated with the new coronavirus. Be that as it may, it is a decent practice to wash your hands with cleanser and water after contact with pets.

Myth #20: Home Remedies can forestall coronavirus - Home cures, for example, eating garlic, drinking water each 15 minutes, taking Vitamin C, applying sesame oil on your body, utilizing fundamental oils, colloidal silver and steroids makes a difference individuals to keep from corona infection.

Fact: Though the garlic has some antimicrobial properties, it won't keep from coronavirus. Nutrient C can help just to improve invulnerability; silver colloidal can prompt kidney harm and seizures. There is no proof that these home cures can shield individuals from new coronavirus.

CONCLUSION:

All-inclusive the spread of ailment is expanding quickly, close by the legends and confusions are likewise coursing everywhere throughout the world. It is essential to know about all the suitable data. Reality will liberate you.

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