

COVID-19 Myths Busted

MYTH:

The COVID-19 virus dies when it's hot and humid or when it's extremely cold.



TRUTH:

COVID-19 is transmitted in all seasons, including hot weather and cold, frigid conditions. Regardless of your climate, adopt protective measures if you live in or travel to an area with reported COVID-19 cases.

COVID-19 is just like getting the flu.



While COVID-19 does involve some similar symptoms of the flu – fever and cough, for example – and both can lead to pneumonia, COVID-19 is much more serious. It has a higher mortality and hospitalization rate. What makes COVID-19 dangerous is that it is more easily spread, including from people who may never show symptoms.

Vaccines for the flu and pneumonia can protect you against COVID-19.



COVID-19 is a novel coronavirus – so new and different that it needs its own vaccine. COVID-19 vaccines are widely available and offer protection against infection and severe symptoms. Flu and pneumonia vaccines do not provide protection against COVID-19.

The COVID-19 virus can be transmitted through mosquito bites.



There is no evidence to suggest that COVID-19 is transmitted through a mosquito bite. COVID-19 is spread primarily through droplets when an infected person coughs or sneezes, or through touching surfaces containing the coronavirus.

Regular nasal rinses can prevent you from catching COVID-19.



There is no evidence that regularly rinsing the nose with saline – a saltwater solution – can protect you from COVID-19 infection. Nasal rinses help people recover more quickly from a cold and relieve sinus infections.

Only elderly people or the immunocompromised get very sick from COVID-19.



People of all ages – including children and teens – are at risk of being hospitalized or dying from COVID-19. Older adults and people with chronic respiratory diseases such as moderate to severe asthma are at higher risk for more severe COVID-19.