

# COVID-19 Myths Busted

## MYTH:

## TRUTH:

*The COVID-19 virus will die when it's hot and humid outside.*



From the evidence so far, COVID-19 can be transmitted in all areas, including places with hot and humid weather as well as cold and 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 similar symptoms of the flu – fever and cough, in particular – and both can lead to pneumonia, COVID-19 is believed to be much more serious and early research suggests it has a higher mortality rate. What makes COVID-19 dangerous is that it is easily spread from people who may never show any 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. Vaccines against flu and pneumonia 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 people from COVID-19 infection. Nasal rinses help some people recover more quickly from a cold and relieve sinus infections.

*Children cannot catch COVID-19.*



All age groups are at risk of becoming infected with COVID-19. Studies show children are just as likely to get COVID-19 but their symptoms are often less severe. Older adults and people with chronic respiratory diseases such as asthma are at higher risk for more severe complications.