

Rumours

- Coronavirus is not heat-resistant and will be killed in a temperature of 26-27 degrees.
- The virus does not settle in air but on the ground, so it is not transmitted through air.
- Coronavirus when it falls on fabric it remains for 9 hours so washing clothes and exposing them to the sun for 2 hours can kill the virus.
- The virus can be spread through money and bank cards (debit/credit cards).
- To be safe from coronavirus mask is not necessary and only washing your hands with soap and water is sufficient.

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FACTS

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs, sneezes or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick. <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

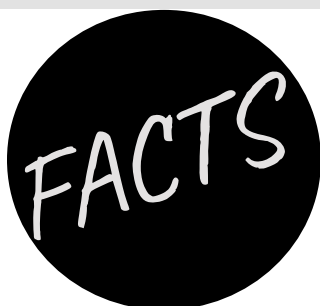
Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). However, there is no evidence that sun light kills the new coronavirus. <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

- Wearing a medical mask can help limit the spread of COVID-19 disease, when coughing or sneezing.
- For healthy people, wear a mask only if you are taking care of a person with suspected COVID-19 infection. However, using a mask alone is not guaranteed to stop infections and should be combined with other prevention measures including hand washing, respiratory hygiene and avoiding close contact-at least 1 metre (3 feet) distance between yourself and other people with respiratory symptoms.
- Replace the mask with a new one as soon as it is damp and dispose it properly in a closed bin; do not re-use single use mask. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Rumours

- If you have a high fever, cover yourself with a quilt, drink ginger soup to increase body's heat energy. It can prevent infection.
- Everyone should ensure that their mouth and throat are moist and never dry, even if the virus gets into your mouth drinking water wash the virus into stomach and the stomach acid kills the virus.
- If we take a deep breath and hold it for 10 seconds without coughing, without discomfort or tightness it basically indicates there is no infection. We can do this self check every morning.
- Government is hiding the number of corona cases to reduce the panic.
- Coronavirus are found in chicken.

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There is no scientific evidence that covering yourself with quilt during high fever and drinking ginger soup prevents COVID-19. In general, however, WHO recommends consumption of adequate fruits and vegetables as a part of a healthy diet..

There is no evidence that drinking lots of water flushes out the new coronavirus or the stomach acid kills the virus. However, for good health in general, it is recommended that people should have adequate water every day for good health and to prevent dehydration.

There is no evidence to suggest that the ability to hold your breath for more than 10 seconds without coughing, without discomfort or tightness determines if someone has infection or not.

No. Government is publishing Situation Report (SITREP) regularly in which the information available is updated.

Coronaviruses are a large family of viruses that are common in animals. Occasionally, people get infected with these viruses which may then spread to other people. For example, SARS-CoV was associated with civet cats and MERS-CoV is transmitted by dromedary camels. The animal source of the COVID-19 has not yet been identified. However, to protect yourself, such as when visiting live animal markets, avoid direct contact with animals and surfaces in contact with animals. Ensure good food safety practices at all times. The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

Hotline Numbers

MoHP:
9851255839
9851255837
98512558341

Call Center
1115



Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>