

## TWELVE MYTHS ABOUT COVID-19

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According to the recent investigations, many countries are still at high transmission levels with thousands of new COVID cases every day. Thankfully, a lot of people all over the world are vaccinated and have a much lower chance of developing severe disease or needing hospitalization. The unfortunate news is that there are clusters of people who are not vaccinated, and many of those individuals are ending up hospitalized—or worse. Misinformation continues to spread online and in communities, and medical professionals are having to dispel myth after myth about COVID-19. The article provides the antidote to misinformation describing some of the more common misconceptions and providing the facts.

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## ДВАНДЦЯТЬ МІФІВ СТОСОВНО COVID-19

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Згідно з результатами новітніх досліджень, у багатьох країнах усе ще спостерігають високий рівень передачі інфекції з тисячами нових випадків COVID-19 щодня. На щастя, багато людей у всьому світі вакциновані, тому ймовірність розвитку тяжкої хвороби або госпіталізації значно менша. Водночас залишаються групи людей, які не були вакциновані, й багато з них тяжко переносять це захворювання. Дезінформація стосовно COVID-19 продовжує поширюватися в соціальних мережах, а медичним працівникам доводиться розвіювати міф за міфом про дане захворювання. У цій статті описано найбільш поширені помилкові уявлення про COVID-19 і наведено їх спростування.

**Introduction.** COVID-19 (Coronavirus Disease 2019) has fueled fear and panic among many people across the globe – often based on misperceptions and unfortunately often against people from Asian descent [1, 2]. Here we try to dispel some myths and answer some common questions based on the available scientific evidence.

Since the COVID-19 virus is a new virus that is still being studied, some of the information below may change as we learn more about the virus. At the time of writing, several important questions remain unanswered.

### **The main part.**

#### **Myth 1. Can COVID-19 be transmitted through goods produced in countries where there is ongoing transmission?**

Although it can last on surfaces for many hours, but the environment, transportation and varying temperatures during shipment make it difficult for the virus to remain active [1, 3]. If you feel the surface may be con-

taminated, clean it with a disinfectant and wash your hands after touching it.

#### **Myth 2. Can COVID-19 be transmitted through mosquitoes?**

There is no evidence that the novel coronavirus can be transmitted through mosquitoes [2, 4]. The virus can be spread through droplets from coughing, sneezing or a patient's saliva.

#### **Myth 3. How can we be sure that our clothes don't spread Coronavirus 2019?**

Besides showering every day, you should wash your clothes using detergent or soap in 60-90C water or add bleach [3, 5]. Dry the clothes in a high temperature dryer or in the sun.

#### **Myth 4. Can drinking alcohol help prevent COVID-19?**

Drinking alcohol, such as beer, liquor, wine doesn't help prevent coronavirus [6]. You should wash your hands often, wear masks, and avoid being close to those with a fever and cough.

**Myth 5. Is it true that COVID-19 is transmitted in cold climate and not in hot and humid climate?**

Coronavirus 2019 can be transmitted in any kind of climate [5, 7]. Wherever you are, no matter what kind of climate, you have to practice personal hygiene, i.e., wash your hands often, cover your mouth when you sneeze or cough, and wear masks.

**Myth 6. Can digital thermometers be 100 % effective in detecting COVID-19 patients?**

It may take the virus 1-14 days to incubate and cause symptoms like a fever, so it cannot be used to identify asymptomatic patients [3, 7].

**Myth 7. Can UV bulbs used for disinfecting be used to kill COVID-19 on our body?**

Don't use UV bulbs on your hands or any part of the body because UV light can irritate your skin [1, 4].

**Myth 8. Can spraying alcohol or chlorine on your body kill the virus inside?**

Besides not being able to kill the virus inside your body, it could damage clothes and other tissues like eyes and lips [2, 3].

**Myth 9. Can eating garlic prevent COVID-19?**

Though garlic has some anti-microbial properties, there is no evidence that it can prevent Covid-19 [3, 5].

**Myth 10. Can Pneumonia vaccine prevent COVID-19?**

This virus is new and different from other strains. We need a vaccine that is developed specifically. The research team is working on this through the support of the WHO [6].

**Myth 11. Can rinsing your nose regularly with saline solution prevent COVID-19?**

Evidence has indicated that rinsing your nose with saline solution can help us recover faster from the common cold, but cannot prevent infectious respiratory diseases or COVID-19 [1, 2].

**Myth 12. Is there any drug that can prevent and treat COVID-19?**

At present, there is no drug that can prevent and treat the disease. Patients should receive proper and supportive care to alleviate the symptoms. WHO is accelerating research with all the partners to actively study the treatment for the disease [5, 6].

**Conclusions.** Here you can find only the most common misbeliefs related to COVID-19 virus, its transmission, prevention and treatment. But the answer on most of these questions is universal – to protect yourself from the COVID infection is necessary to wear face masks, keep social distance, wash one's hands, cover the mouth during sneezing or coughing, – generally, to keep hygiene and to follow recommendations of the health care professionals.

**Recommendations.** To avoid being victimized by the wrong information, it is necessary to rely on official sources, for instance, WHO, CDC, local Health Care Authorities (e.g., Ministry of Health of Ukraine), etc. This information can be accessed via official web-sites of those agencies.

**LIST OF LITERATURE**

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