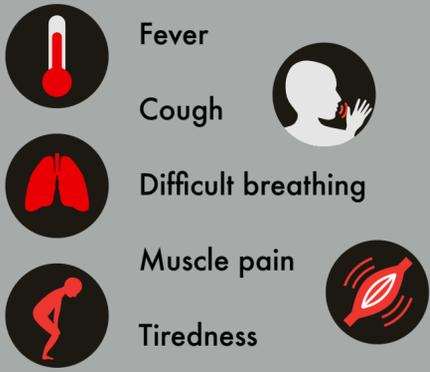


# COVID-19 AWARENESS & MYTH BUSTER

Coronavirus disease 2019 (COVID-19) is a Respiratory Illness that can spread from person to person.

## SYMPTOMS



## PREVENTION

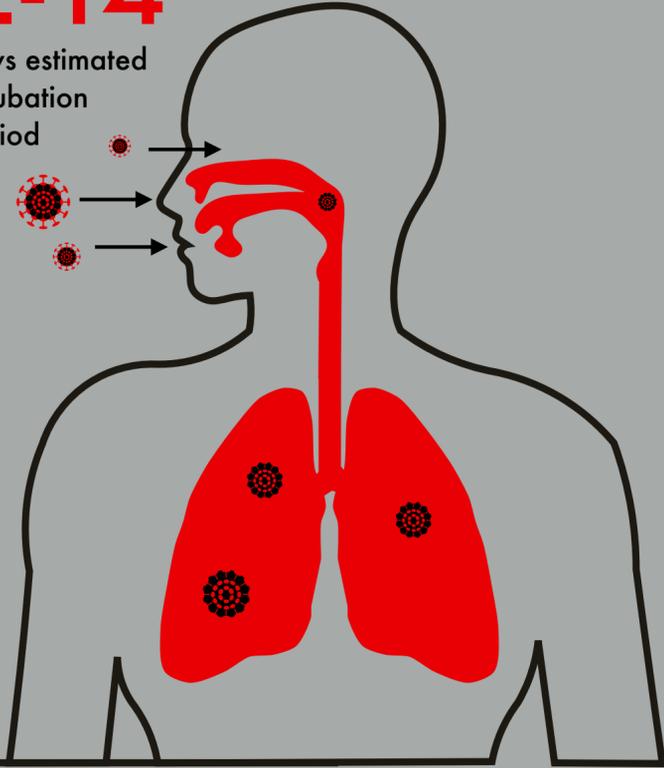


## TRANSMISSION

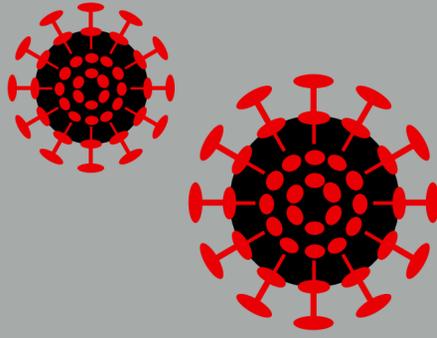
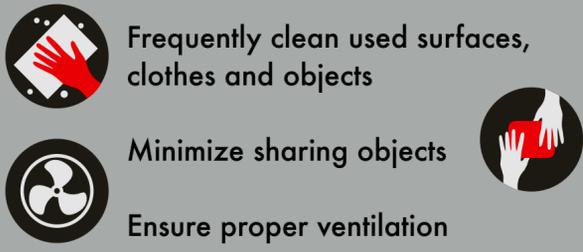
Via respiratory droplets

**2-14**

days estimated incubation period

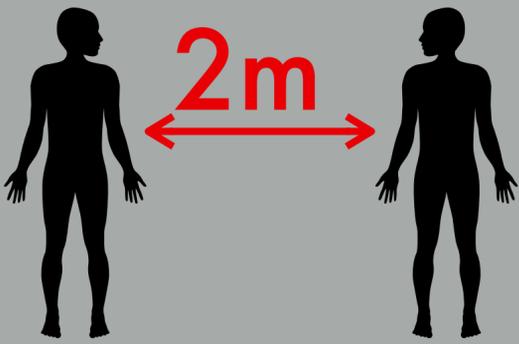


## ENVIRONMENTAL MEASURES



## PRECAUTIONS

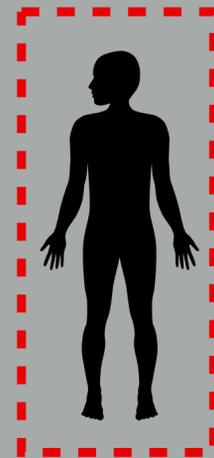
Stand at least 2 meters away from a visibly symptomatic person.



There is no specific treatment for COVID-19.



**Self-isolation** of individuals with symptoms of a respiratory infection is one of the most important measures for reducing disease transmission and limiting spread of the virus in the community during epidemic.



**Social Distancing** Is necessary whether or not any symptoms appear. You could be an asymptomatic carrier and would unknowingly spread the virus.

### Myth 1



Drinking **Lemonade** protects you from COVID19. this started from a Fake Chinese scientist's claim.  
**Truth** While consuming fruits and vegetables is very good for your health, it will not stop you from contracting COVID19.

### Myth 2



Mosquito bites can transmit COVID19  
**Truth** While you may contract certain diseases from specific mosquitoes, there has not been any evidence that suggests that you may contract COVID 19 through a mosquito bite. It is a respiratory virus spread through coughs or sneezes.

### Myth 3



Onions & Garlic will cure you of COVID19 if consumed regularly.  
**Truth** While both Onions and Garlic have various nutritional and health benefits, WHO has confirmed that neither Garlic nor Onions are a cure for COVID 19.

### Myth 4



Drinking **Water every 15 mins** protects you from COVID19 and can "flush out" the virus from your system.  
**Truth** Hydration is imperative to your health, but cannot protect you from contraction.

### Myth 5

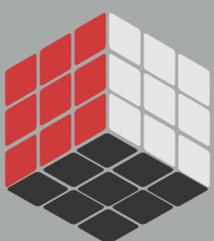


Holding your **breath for 10 seconds** without discomfort means there is no fibrosis or scarring in the lungs meaning no infection.  
**Truth** Holding your breath is not a test of fibrosis, and Fibrosis is not a symptom of COVID19

### Myth 6



Vodka could kill the virus in you lungs and on your hands.  
**Truth** Consuming any form of Alcohol does not kill the Virus. Only sanitizers containing 70% Alcohol can be used as disinfectants. Alcoholic Sanitizers are highly poisonous when ingested.



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**#StayHome**  
**#StaySafe**