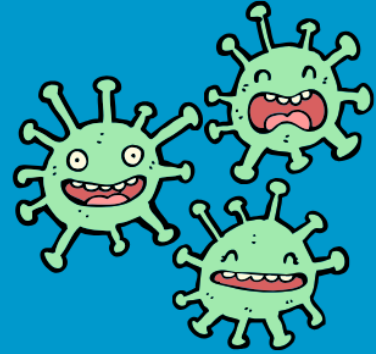


COVID-19 MYTH BUSTERS

1. COVID-19 is caused by a virus NOT by a bacteria.

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

FACT:
COVID-19 is caused
by a virus,
NOT by bacteria



World Health
Organization

#Coronavirus

#COVID19

9 June 2020

2. Can Shoes Spread the COVID-19 Virus?

Can shoes spread the
COVID-19 virus?



The likelihood of COVID-19 being spread
on shoes and infecting individuals
is very low.

As a precautionary measure, particularly
in homes where infants and small children
crawl or play on floors, consider leaving
your shoes at the entrance of your home.
This will help prevent contact with dirt or
any waste that could be carried on the
soles of shoes.

11 June 2020

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3. Can people wear masks while exercising?

Can people wear masks while exercising?



16 June 2020

People should **NOT** wear masks when exercising as masks may reduce the ability to breath comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

#Coronavirus

#COVID19

