

COVID-19 MYTHS BUSTED

Professional Advisory Board Member Enid Neptune, MD, Johns Hopkins, addresses some of the myths around COVID-19.



The new Coronavirus may not show sign of infection for many days. How can you know if you are infected? By the time you have fever and/or cough and go to the hospital, the lung is usually 50% fibrosis.



Not true. Fever and cough may simply indicate an upper respiratory infection but could represent a pneumonia. Neither might need hospitalization. Fibrosis is an unusual outcome that only happens with extremely severe manifestations.



Taiwan experts provide a simple self-check that we can do every morning: Take a deep breath and hold it for more than 10 seconds. If you do this successfully without coughing, without discomfort, stiffness or tightness, there is no fibrosis in the lungs; it basically indicates no infection.



This is not a reliable way of assessing lung disease. People cough for a variety of reasons, most of which do not reflect either an infection or lung scarring.



In critical times, please self-check every morning in an environment with clean air.



No need to do this.



Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water regularly, the virus can enter your windpipe and then the lungs. That's very dangerous.



Not true. The virus attaches to mucus membranes in your mouth, lungs, eyes, nose, etc. and cannot typically be washed away.

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- **If you have a runny nose and sputum, you have a common cold.**
Most viruses cause this also.
- **Coronavirus pneumonia is a dry cough with no runny nose.**
Not always.
- **This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees C. (About 77 degrees F.) It hates the sun.**
We do not know this yet. Other viruses are heat-resistant but some are not.
- **If someone sneezes with it, it goes about 10 feet before it drops to the ground and is no longer airborne.**
Although it is known that Coronavirus spreads by droplets, it may also spread by tiny airborne particles. Airborne particles can remain in the environment for long periods of time depending on ventilation, etc.
- **If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface, wash your hands as soon as you can with a bacterial soap.**
All surfaces should be wiped down if used by public.
- **On fabric it can survive for 6-12 hours. Normal laundry detergent will kill it.**
Not known. Might depend on temperature of the wash and the components of the detergent.
- **Drinking warm water is effective for all viruses. Try not to drink liquids with ice.**
Not true. But everyone should hydrate for overall health.
- **Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.**
No. The virus lives for hours on skin. Personal hygiene is critical however.
- **You should also gargle as a prevention. A simple solution of salt in warm water will suffice.**
No basis for this.
- **Can't emphasize enough - drink plenty of water!**
Good advice in any situation!