



**Dr R S Khedar**

Director- Internal Medicine & Critical Care,  
Medical Director

# Myths and facts about COVID infection



**Myth**-The majority of people suffering from COVID-19 get very sick or die.

**Fact** - Most people who get COVID-19 will have a mild form of the illness and recover without the need for professional medical care. Nearly 8 out of 10 people suffering from COVID-19 will present with mild symptoms. Around 1 out of 6 people will be infected severely and present with serious symptoms. Studies and research suggest that around 1 out of 100 people who get COVID-19 face the complication of death.



**Myth**-Black and African people are at a higher risk of contracting COVID-19.

**Fact** - COVID-19 is not race-specific, which means that anyone can get COVID-19, irrespective of what race they belong to or what their skin colour is. However, elderly, usually above the age of 60, with existing health conditions like asthma, heart diseases, diabetes, and obesity have been found to be more vulnerable.



**Myth**-Younger people don't have to worry about contracting COVID-19.

**Fact** - No doubt, COVID-19 is likely to be more dangerous in the case of elderly; it does not mean that the younger generations are immune to it. While it's still not known why some people present with more serious symptoms as compared to others, it has been found that younger people with an existing chronic disease or ailment are more likely to develop serious symptoms, for example, those suffering from asthma, heart conditions or untreated HIV.



**Myth**-You should use a strong disinfectant to clean your hands and body to protect yourself from COVID-19.

**Fact** - You do not necessarily need to use a strong disinfectant to sanitize your hands and body. Washing your hands thoroughly with soap and water for > 20 seconds or rubbing an alcohol-based sanitizer on them will stop the virus from spreading. Regular use of stronger disinfectants can damage your skin, as these contain harmful chemicals.



**Myth**-You will not get the symptoms of COVID if you consume alcohol

**Fact** - Consuming alcohol is not going to destroy the virus but rather increase your vulnerability to various health problems. No doubt, alcohol, at a concentration of at least 60% by volume, is a really good disinfectant when applied topically but does not work as a disinfectant once it enters your body as it gets mixed up with the digestive enzymes.



**Myth**-COVID-19 Cannot Survive Extreme Weather Conditions

**Fact** - One can catch COVID-19 irrespective of the weather. It does not matter how sunny or hot, humid or cold the weather is, the transmission of the virus will not be affected. Even countries with warm weather have reported cases of COVID-19. Research-based evidence has shown that the virus can be transmitted in any area, irrespective of the climate. On average, the human body maintains a temperature of around 36.5°C to 37°C, regardless of the surrounding temperature or weather.

**Hence, exposure to extreme weather conditions is not going to alleviate your risks of getting Covid-19.**



**Myth** - Vaccines Against Pneumonia and influenza can kill the Virus.

**Fact** - The vaccines developed against pneumonia, such as pneumococcal vaccine and Haemophilus influenzae type B (Hib) vaccine, are ineffective against the new coronavirus, and a separate vaccine is needed to wade off the risks of COVID-19. Although a vaccine has been developed, it is still undergoing trials.

..... Continued on Page 18