

COMMON MYTHS & MISCONCEPTIONS REGARDING COVID-19

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We know there are a lot of questions about COVID-19, and its impact is evolving everyday. These guidelines are for community members who want to help protect their community's health. Use them to combat common myths and misconceptions regarding covid-19 and check www.abc cardio.org for regular updates. You should also watch the [ABC Webinar, At The Heart of The Matter: Unmasking the Invisibility of COVID-19 in Diverse Populations](#), to learn more about the virus.

| Can African Americans become infected by COVID-19?

Yes. Individuals from all racial and ethnic backgrounds are susceptible and can become infected with COVID-19.

| Is it possible to not have symptoms and still have COVID-19 infection?

Yes. The symptoms of COVID-19 vary and some individuals may have no symptoms at all, despite being infected. Individuals who are asymptomatic can also infect other people with COVID-19 if they are not adhering to social distancing guidelines and proper hygiene practices.

| Was COVID-19 created and released to kill African Americans/ Black people?

No. There is no evidence to suggest that the virus that causes COVID-19 infection is man-made or was created to kill African Americans/Black people. Viruses can change over time, and outbreaks can take place when a new virus is rapidly passed from human to human.

| Is COVID-19 spread by 5G mobile networks?

No. Viruses cannot be passed through phones, mobile networks, or radio waves. The COVID-19 virus is spread through respiratory droplets which can be made airborne when people speak, cough, or sneeze.

| Does rinsing your nose with saline help to prevent COVID-19 infection?

No. There exists no evidence to suggest that rinsing your nose with saline or steamed water will protect individuals from COVID-19 infection.

| Can eating/drinking garlic, ginger, or turmeric help prevent COVID-19 infection?

Although these foods may have antimicrobial properties, there is no evidence to suggest that garlic, ginger, or turmeric can help in preventing COVID-19 infection or can be used in the treatment of COVID-19.

| Is there a vaccine to cure or prevent COVID-19 infection?

No. There is no vaccine for COVID-19 at the present time. Scientists and doctors are in the process of developing a potential vaccine that is safe and effective for human beings.

| Can young people become infected by COVID-19?

Yes. COVID-19 can infect young and old individuals.

| Is the COVID-19 virus affected by heat or cold temperature?

No. There is no evidence to suggest that COVID-19 can be affected or killed by extreme heat or cold.

| Does taking hot baths prevent COVID-19 infection?

No. There is no evidence to suggest that taking hot baths or living in a warm environment can prevent or treat COVID-19 infection.

Do vaccines against pneumonia or influenza protect you against COVID-19?

No. Vaccines developed to prevent pneumonia or influenza infection do not protect individuals from COVID-19. Therefore, if an individual has received the pneumonia or influenza vaccine, that individual can still become infected with COVID-19.

Are antibiotics effective in treating COVID-19 infection?

No. Although there is ongoing research investigating the use of Azithromycin (an antibiotic) in treating COVID-19 infection due to its ability to decrease inflammation, antibiotics are typically used to fight bacterial infections and not viruses.