

## Review Article on Myths about COVID-19

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#### Abstract:

A substitute disease was recently discovered in Wuhan, China at the beginning of 2019. It is recognized that this disease was caused by a new kind of substitute coronavirus and almost affects the whole world. The 2019-nCov or Wuhan-coronavirus was identified by Chinese investigators. But the World Health Organisation has called it as COVID-19 virus when communicating with the COVID-19 media worldwide as well as in India to prevent doubts and misunderstandings. It has disturbed and made people unstable. In Indian society there are numerous misunderstandings and rumours of coronavirus that cause trepidation in the mind of people. The myths and facts about coronavirus must be discerned so that we can alleviate the panic between people so that adequate precautions can be taken for our safety. This article thus aims to make the common people aware of the myths and the facts. We must understand and keep knowledge of myths through social media so that we can protect you with such harsh evils. At individual levels, people must avoid COVID 19. Appropriate action will be beneficial to the whole world in discreet communities and countries.

**Keywords:** Covid-19, Pandemic, misapprehension, myths, India.

#### Introduction

Corona is known as a coronavirus and the outer surface of an electron microscope as "spikes" on the outer surface of the virus when viewed under an electron microscope; thus, it is named as a coronavirus. The size of the coronavirus is 65–125 nm in diameter and 26 to 32kbs in length. Coronavirus is a single-stranded RNA virus. Family of the coronavirus is corona viridae and the order is Noroviruses. Coronaviruses have four sub-groups which are a-Alpha, b-Beta, c-Gamma & d-Deltacoronavirus (1), SARS-CoV caused SARS, i.e., " which is known as the coronavirus. Coronavirus size is 65–125 nm in diameter, 26–32 kb of long. (2). Coronavirus consists of four sub-groups, one alpine virus (a-Alpha) and one single stranded RNA virus. The pneumonia and ARDS caused by alveolar damage were observed in the patients infected with SRS-CoV. Around 8,000 people were infected by SARS, causing 776 deaths globally. A Saudi pair was infected with another virus after ten years in 2012. The virus was reported to be

MERS CoV, i.e. "Middle East Respiratory Syndrome Coronavirus," a member of coronaviruses and beta WHO reported that approximately 2428 individuals were positive for MERS coronavirus and caused 838 deaths(3)MERSCoV damages the upper breathing system leading to severe breathing disease. MERSCoV exhibits SARS-like coronavirus symptoms.

#### Coronavirus as a pandemic

A substitute disease was recently discovered in Wuhan, China at the beginning of 2019. A replacement type of coronavirus and people affected by this disease was recognized in the world. This new type of coronavirus is sub grouped 'beta.' The novel virus was called 2019-nCov, or Wuhan-coronavirus, by Chinese investigators. These viruses were referred to as SARS CoV-2 by ICTV, i.e. the International Committee for the Taxonomy of Viruses..The World Health Organization (WHO) nevertheless noises COVID-19 virus when interacting with media to prevent misunderstanding with

SARS. WHO defined COVID-19 positive cases as "a person shown by laboratory testing to be infected with the virus, irrespective of clinical signs and symptoms"? Still, a few cases in china showed symptoms of COVID-19 but were tested negative for the same. On 11th of March 2020, the WHO proclaimed that the spread of COVID-19 is a PANDEMIC: as many countries around the world showed transmission of this virus between people of an epidemic causing disease or death. This disease is new globally as well as in India. This has disturbed people's minds. There are various rumours, photos, videos, news and misconceptions being spread around about coronavirus in Indian society which make people panic. It is the need of society to know myths and facts about coronavirus to reduce the panic and take the proper precautionary actions for our safety against the coronavirus. So, myths and facts are presented following:

### **Myths and facts of covid-19**

Myth- "A traditional or legendary story, usually concerning some being or hero or event, with or without a determinable basis of fact or a natural explanation, especially one that's concerned with deities or demigods and explains some practise rite or phenomenon of nature".

Fact- "Something that exists."

Myth- "Exposing yourself to the sun or to temperatures above 25 degrees Celsius prevent the coronavirus disease (COVID-19)."

Fact- "Consistent with the World Health Organization, you'll catch COVID-19, regardless of how sunny or hot the weather is. Countries having intensive heat even have COVID-19 positive cases. There is no correlation between temperature variation and coronavirus spread. To be protected, you should clean your hands & should not touch your mouth, eyes & nose."

Myth – "if you are infected with coronavirus, you will have it for a lifetime, or there is no recovery for a

coronavirus infected person."

Fact- "Mostly persons who are infected with COVID-19 can get better & eradicate the virus from their bodies. If you catch the disease, confirm you treat your symptoms. If an individual shows symptom of COVID-19, they ought to seek medical aid immediately and will be done testing for an equivalent. Most people can get cured only by supportive care."

Myth – "if you'll save your breath on hold for very 10 seconds with no sensation of anxiety or hacking implies that you basically can never be tainted with Covid sickness (Coronavirus) or any infection of the lung."

Fact – "The best-shared indications of Coronavirus are dry-hack, sleepiness and high temperature. Not many individuals may likewise show side effects of extreme types of the illness, e.g., pneumonia. The best strategy to check whether you're tainted with Coronavirus sickness is by doing a research facility test. Doing breathing activity won't give us affirmation about being contaminated with Covid or not."

Myth – "Utilization of liquor doesn't ensure you against Coronavirus and can be unsafe."

Fact – "Drinking exorbitant liquor can build your chance of messing wellbeing up. Myth - Hot and sticky atmospheres don't permit Coronavirus infection to spread."

Fact – "No, it is seen that the Coronavirus infection can spread in all territories, which incorporate regions with hot and sticky atmosphere. Regardless of the climate, you should utilize insurance quantifies and get yourself tried in the event that you are living in a zone influenced with Coronavirus or travel to any zone having Coronavirus cases."

Myth – "Frigid atmosphere and snow won't execute the new Coronavirus infection."

Fact – "Proof has not been found demonstrating that frosty atmosphere can pulverize the new Coronavirus infection. 36.5°C - 37°C is the normal human internal heat level which doesn't get influenced by outer temperature or climate. The best technique to guard yourself is by cleaning your hands with hand sanitizer, having liquor or washing them with cleanser or cleanser and water for over 20 seconds and keeping up legitimate cleanliness."

Myth – "Having a quandary shower won't keep you from getting Coronavirus infection."

Fact – "Having a high temp water shower won't shield you from getting Coronavirus illness. Basically, scrubbing down with extremely heated water can be destructive, as it can consume your skin. The most fantastic strategy to guard yourself is by cleaning your hands and keeping up legitimate cleanliness. This will help by dispensing with infections on your hands surface and try not to contact your eyes, mouth, and nose."

Myth – "Mosquito nibbles can communicate new Coronavirus infections."

Fact – "Proof has not been discovered indicating that the Coronavirus infection can spread by mosquito chomp. Coronavirus is a respiratory-infection which communicates basically over beads created when the individual tainted wheezes or hacks, or over salivation beads or nasal release. To be ensured, keep your hands clean and stay away from any individual who is hacking and wheezing or demonstrating indications of Coronavirus."

Myth – "Can hand dryers in the impact of slaughtering the new Coronavirus infection?"

Fact – "No. Hand dryers don't help in wrecking the new Coronavirus infection. The best strategy to protect your-self is by cleaning your hands with and keeping up legitimate cleanliness. Whenever you have washed your hand dry them cautiously utilizing tissue paper or a warm air dryer."

Myth – "Can bright sanitization execute Coronavirus?"

Fact – "No, bright sanitization lights should not be went to purify hands or different zones like skin as they will cause skin disturbance."

Myth – "Can warm scanners help to spot people tainted with the new Coronavirus?"

Fact - Warm scanners help in detecting individuals that are having a warmth, which is one among the side effects of Covid. However, discovery of people who are tainted with Coronavirus yet don't have a fever is impossible as it takes around 2 - 10 days for individuals who are ailing to show side effects of fever."

Myth – "Can the utilization of chlorine or liquor on your body help to obliterate or slaughter the new Coronavirus infection?"

Fact – "No. Use of chlorine or liquor on your body serves to won't obliterate or execute the new Coronavirus infection, which has at this point entered your body. Use of such materials can make hurt garments, eyes, mouth, skin and so forth We can utilize both chlorine and liquor for cleaning surfaces. All things considered, it should be done under the appropriate suggestion of specialists."

Myth – "Can cleaning your nose consistently with saline assistance shield you from defilement with the new

Coronavirus? Fact - No confirmation has been discovered that cleaning your nose as often as possible with saline shields you from contamination with the new Coronavirus. In any case, there's almost no proof that cleaning your nose oftentimes with saline can make individuals encourage well quicker from the virus. In any case, cleaning your nose routinely with saline has not demonstrated to forestall contaminations of the respiratory framework."

Myth – "Can the utilization of garlic assist us with keeping away from disease with the new Coronavirus infection?"

Fact – "Garlic has not many antimicrobial properties and is considered for utilization. However, there's no verification that from this burst, that utilization of garlic has shielded individuals from the new Coronavirus infection."

Myth – "Does more seasoned matured individuals are influenced by Coronavirus, or considerably more youthful matured individuals can get influenced?"

Fact – "People of any age have equivalent opportunities to get contaminated with new Covid (2019-nCoV). However, older people and people having ailments like diabetes, asthma, and sickness of the heart discovered to be generally vulnerable to getting seriously influenced by the infection."

Myth – "Do anti-infection agents give us assurance against Coronavirus?"

Fact – "No, anti-infection agents just neutralize microscopic organisms and not infections. Coronavirus is another infection and, consequently, anti-microbials won't give any anticipation or treatment against this infection. However, an individual tainted with Coronavirus might be getting anti-toxins since co-

contamination with microorganisms is conceivable."

Myth – "A specific drugs to forestall or treat the new Coronavirus?"

Fact – "Till today, there is no specific medication which can forestall or treat the new 2019-nCoV. Despite the fact that the individual influenced with Coronavirus gets indicative treatment, and an individual who is seriously influenced will get improved steady consideration."

Myth – "Coronavirus infection is simply one more influenza?"

Fact – "Coronavirus shows influenza like side effects, similar to torment, high temperature, and hack. Similarly, both Coronavirus and influenza is ordered as mellow, moderate, serious or deadly. Both can cause pneumonia. Notwithstanding, Coronavirus is more extreme than influenza. The death pace of Coronavirus is around 1% and 3%. Specialists are proceeding to realize the specific death rate. Myth - Can felines and canines communicate Covid?"

Fact - As of now, we have altogether less proof that Coronavirus can be irresistible to canines and felines. However, in Hong Kong, a canine whose expert had Coronavirus created Coronavirus contamination. However, this canine didn't show any side effects. A charge goes on the significance of this case. Until further notice, Prof. Jonathan Ball, "Teacher of Sub-atomic Virology at the College of Nottingham" in the Assembled Realm, said that "they need to separate between genuine contamination and simply distinguishing the presence of the infection". "It is sketchy that it is so pertinent to the human episode, as a large portion of the worldwide flare-up has been driven by human-to-human transmission. It is doubtful that Covid could spread to another canine or a human due to the low

degrees of this infection. The genuine driver of the episode is humans\."

Myth – "Would protection be able to be given against Coronavirus by utilizing Face covers?"

Fact – "Medical services suppliers utilize careful face veils, which embrace immovably around their face and gatekeeper them against contamination. Once use covers or fabric face veils can't offer such insurance, as they can't stop minute viral particles from entering in. However, this veil can help stop the transmission of beads. CDC, for example \"The Communities for Infectious prevention and Prevention\" guaranteed that people should wear material face covers or dispensable covers openly in spots where it is frequently trying for us to keep a distance of one meter from every others. It is fundamental to wear a veil and follow the convention like not contacting the cover and face subsequent to wearing a cover. Even subsequent to wearing a veil, it is basic to rehearse social removing."

Myth – "Normal virus changed to frame Coronavirus?"

Facts – "There are different kinds of Covids, the comparability in every one of them is that they are proteins on their external surface, which is a spike or crown-formed. Not many of these Covids can straightforwardly contaminate people, causing the basic virus. Both MERS, i.e., \"Middle East respiratory syndrome\" and SARS \"severe intense respiratory syndrome\" started in creatures and communicated into people."

Myth – "You should be in any event for ten minutes with Coronavirus contaminated individual to contract the infection."

Facts – "The additional time you go

through with Coronavirus contaminated individual, the higher the odds you will be tainted with the equivalent if legitimate safeguards are not followed. It is conceivable that transmission of the infection from a contaminated individual to you'll happen in yet 10 minutes."

Myth – "Blanch and swishing can safeguard you from Coronavirus?"

Fact – "No proof has been discovered that washing with dye will protect you from Coronavirus infection. Blanch is a destructive and can cause wellbeing harm."

Myth – "Bundles from China can send Coronavirus?"

Fact – "From the past examination researcher said that exact same as "SARS" and "MERS" even Coronavirus infection can't get by on the outside of bundles and letters for an all-encompassing term of your time. The CDC clarified that \"because of helpless survivability of those Covids on surfaces, myth – Do anti-microbials furnish us with insurance against Coronavirus?"

Fact – "No, anti-toxins just neutralize microbes and not infections. Coronavirus is another infection and, henceforth, anti-toxins won't give any avoidance or treatment against this infection. However, an individual tainted with Coronavirus might be accepting anti-microbials in light of the fact that co-disease with microscopic organisms is conceivable."

Myth – "A specific prescriptions to forestall or treat the new Coronavirus?"

Fact – "Till today, there is no specific medication which can forestall or treat the new 2019-nCoV. In spite of the fact

that the individual influenced with Coronavirus gets indicative treatment, and an individual who is seriously influenced will get advanced steady consideration."

Myth – "if you'll save your breath on hold for very 10 seconds with no sensation of disquiet or hacking implies that you basically can never be contaminated with Covid sickness (Coronavirus) or any illness of the lung."

Fact – "The best-shared indications of Coronavirus are dry-hack, sluggishness and high temperature. Scarcely any individuals may likewise show manifestations of serious types of the sickness, e.g., pneumonia. The best method to check whether you're contaminated with Coronavirus infection is by doing a research center test. Doing breathing activity won't give us affirmation about being contaminated with Covid or not."

Myth – "Utilization of liquor doesn't ensure you against Coronavirus and can be perilous. Fact – Drinking extreme liquor can expand your chance of messing wellbeing up. Myth - Hot and muggy atmospheres don't permit Coronavirus infection to spread."

Fact – "No, it is seen that the COVID-19 virus can spread in all areas, which include areas with hot & humid climate. Irrespective of the weather, you should use protection measures and get yourself tested if you are living in an area affected with COVID-19 or travel to any area having COVID-19 cases."

Myth – "Icy climate and snow will not kill the new COVID-19 virus."

Fact – "Evidence has not been found proving that icy climate can destroy the new COVID-19 virus. 36.5°C - 37°C is the average human body temperature which does not get affected by external temperature or weather. The greatest

method to defend your-self is by cleaning your hands with hand sanitizer, having alcohol or washing them with soap or detergent and water for more than 20 seconds & maintaining proper hygiene."

Myth – "Having a predicament bath won't prevent you from getting COVID-19 disease."

Fact – "Having a heated water shower won't shield you from getting Coronavirus infection. Basically, washing up with heated water can be unsafe, as it can consume your skin. The most magnificent strategy to safeguard your-self is by cleaning your hands and keeping up legitimate cleanliness. This will help by dispensing with infections on your hands surface and try not to contact your eyes, mouth, and nose."

Myth – "Mosquito nibbles can communicate new Coronavirus infections."

Fact – "Proof has not been discovered indicating that the Coronavirus infection can spread by mosquito chomp. Coronavirus is a respiratory-infection which communicates principally over beads delivered when the individual contaminated sniffles or hacks, or over spit drops or nasal release. To be secured, keep your hands clean and stay away from any individual who is hacking and sniffing or demonstrating indications of Coronavirus."

Myth – "Can hand dryers in the impact of executing the new Coronavirus infection?"

Fact – "No. Hand dryers don't help in obliterating the new Coronavirus infection. The best technique to protect your-self is by cleaning your hands with and keeping up legitimate cleanliness. Whenever you have washed your hand dry them cautiously utilizing tissue paper or a warm air dryer."

Myth – "Can bright sanitization slaughter

Coronavirus?"

Fact – "No, bright sanitization lights should not be went to clean hands or different territories like skin as they will cause skin bothering."

Myth – "Can warm scanners help to spot people contaminated with the new Coronavirus?"

Fact – "Warm scanners help in detecting individuals that are having a warmth, which is one among the manifestations of Covid. However, recognition of people who are contaminated with Coronavirus yet don't have a fever is impossible as it takes around 2 - 10 days for individuals who are sick to show indications of fever."

Myth – "Can the use of chlorine or liquor on your body help to demolish or murder the new Coronavirus infection?"

Fact – "No. Use of chlorine or liquor on your body serves to won't crush or murder the new Coronavirus infection, which has at this point entered your body. Utilization of such materials can make hurt garments, eyes, mouth, skin and so on We can utilize both chlorine and liquor for purifying surfaces. In any case, it should be done under the appropriate suggestion of specialists."

Myth – "Does pneumonia immunizations shield you against the new Coronavirus?"

Fact – "No. Pneumonia antibodies, as pneumococcal immunization and Haemophilus flu type B-antibody, can't give us insurance against Covid. Examination is proceeding to create antibodies against Coronavirus, which is upheld by the World Wellbeing Association."

Myth – "Can cleaning your nose regularly with saline help protect you from contamination with the new COVID-19?"

Fact - No proof has been found that cleaning your nose frequently with saline helps protect you from infection with the new COVID-19. But there's little or no

evidence that cleaning your nose frequently with saline can cause people to urge well faster from the cold. Still, cleaning your nose regularly with saline has not proven to prevent infections of the respiratory system."

Myth – "Can the consumption of garlic help us avoid infection with the new COVID-19 virus?"

Fact – "Garlic has few antimicrobial properties and is taken into account for consumption. Though, there's no proof that from this burst, that consumption of garlic has protected people from the new COVID-19 virus. Myth - Does older aged people are affected by COVID-19, or even younger aged people can get affected? Fact - Individuals of all ages have equal chances to get infected with new coronavirus (2019-nCoV). But elderly persons and persons having medical conditions like diabetes, asthma, and disease of the heart found to be most susceptible to becoming severely affected by the virus."

Myth – "Do antibiotics provide us with protection against COVID-19?"

Fact – "No, antibiotics only work against bacteria and not viruses. COVID-19 is a new virus and, hence, antibiotics will not provide any prevention or treatment against this virus. Though, a person infected with COVID-19 may be receiving antibiotics because co-infection with bacteria is possible."

Myth – "Any particular medicines to prevent or treat the new COVID-19?"

Fact – "Till today, there is no particular medicine which can prevent or treat the new 2019-nCoV. Though the person affected with COVID-19 receives symptomatic treatment, and a person who is severely affected will receive optimized supportive care."

Myth – "COVID-19 virus is just another flu?"

Fact – "COVID-19 shows flu-like symptoms, like pain, high temperature, & cough. Likewise, both COVID-19 & flu is categorized as mild, moderate, severe or

fatal. Both can cause pneumonia. However, COVID-19 is more severe than the flu. The mortality rate of COVID-19 is around 1% and 3%. Researchers are going on to know the exact mortality rate.”

Myth – “Can cats and dogs transmit coronavirus?”

Fact – “Presently, we have significantly less evidence that COVID-19 can be infectious to dogs and cats. Though, in Hong Kong, a dog whose master had COVID-19 developed COVID-19 infection. But this dog did not show any symptoms. A debit goes on the importance of this case. For now, Prof. Jonathan Ball, “Professor of Molecular Virology at the University of Nottingham” in the United Kingdom, said that “they have to differentiate between real infection and just detecting the presence of the virus”. “It is questionable how relevant it is to the human outbreak, as most of the global outbreak has been driven by human-to-human transmission. It is doubtful that coronavirus could spread to another dog or a human because of the low levels of this virus. The real driver of the outbreak is humans”.”

Myth – “Can protection be provided against COVID-19 by using Face masks?”

Fact – “Health-care providers use surgical face masks, which adopt firmly around their face and guard them against infection. One time use masks or cloth face masks are unable to offer such protection, as they are unable to halt minute viral particles from entering in. Though, this mask can help stop the transmission of droplets. CDC, i.e. “The Centres for Disease Control and Prevention” claimed that persons should wear cloth face masks or disposable masks publicly in places where it is often challenging for us to keep a distance of one meter from each-others. It is essential to wear a mask and follow the protocol like not touching the mask and face after wearing a mask. Even after wearing a mask, it is essential to practice social

distancing.”

Myth – “Common cold mutated to form COVID-19?”

Facts – “There are various types of coronaviruses, the similarity in all of them is that they are proteins on their outer surface, which is a spike or crown-shaped. Few of these coronaviruses can directly infect humans, causing the common cold. Both MERS, i.e., “Middle East respiratory syndrome” & SARS “severe acute respiratory syndrome” originated in animals and transmitted into humans.”(4)

Myth – “You need to be at least for ten minutes with COVID-19 infected individual to catch the virus.”

Fact – “The additional time you go through with Coronavirus tainted individual, the higher the odds you will be contaminated with the equivalent if appropriate insurances are not followed. It is conceivable that transmission of the infection from a tainted individual to you'll happen in yet 10 minutes.”

Myth – “Blanch and swishing can safeguard you from Coronavirus?”

Fact – “No proof has been discovered that swishing with fade will guard you from Coronavirus infection. Fade is a destructive and can cause wellbeing harm.”

Myth – “Bundles from China can send Coronavirus?”

Fact – “From the past exploration researcher said that exact same as “SARS” and “MERS” even Coronavirus infection can't make due on the outside of bundles and letters for an all-inclusive length of your time. The CDC clarified that “because of helpless survivability of those Covids on surfaces, there's imaginable shallow danger of spread from items or bundling that are dispatched for quite a long time or weeks at surrounding temperatures.” Myth - Locally situated treatments can treat and secure Coronavirus.”

Myth – “Locally established treatments



can treat and secure Coronavirus."

Fact – "No, Locally established treatments can't ensure Coronavirus, which incorporate sesame oil, fundamental oils, silver colloid, nutrient C, consuming sage, fish tank cleaner and garlic utilization. The most ideal approach to secure yourself is by keeping yourself clean and trying not to visit places where there are individuals influenced with Coronavirus. Myth – Can Coronavirus send through pee and excrement?"

Fact – "it's improbable that this is frequently evident, however the board is by and by out. According to Prof. John Edmunds from "London School of Cleanliness and Tropical Medication" in the U.K. "It isn't a truly lovely idea, yet at whatever point you swallow, you swallow bodily fluid from your upper plot. This is a significant protective instrument. This ranges infections and microscopic organisms down into our gut where they're denatured inside the corrosive states of our stomachs. With present day, touchy identification instruments, we will recognize these infections in defecation. Normally, infections we will identify during this way are no face areas to other people, as our guts have annihilated them."

Myth-"The Coronavirus infection was developed during a lab in China?"(5)

Fact – "The Coronavirus infection was created in an exploration lab in China is a web talk. All things considered, there is no proof that this is valid. It has been exhibited that Coronavirus infection might be a characteristic production of development. A few researchers believe that Coronavirus infection may have moved from creatures to people. Others accept that Coronavirus may have moved from bats to us, same as SARS." (6)

Myth – "The event of Coronavirus as people burned-through bat soup."

Fact – "However specialists are guaranteed that Coronavirus started in creatures, yet there's no verification that it began from bat soup."

Myth – "5G administrations COVID-19 spread"

Fact – "As the innovation improved, a few nations are advancing out of 5G "fifth-generation" cell phone innovation. A few fear inspired notions appear to be that this innovation walks inside the spread of Coronavirus infection. A portion of the current hypotheses expressed that improvement of 5G is responsible for the fast victory of Coronavirus around the globe.

As per a paper distributed in 2011 by A. Insight and J. Lover et al. guaranteed that 5G could help microscopic organisms communicate. As indicated by this investigation, the scientists asserted that "bacteria can impart by means of electromagnetic signals". By the by, experts couldn't help contradicting this hypothesis saying Coronavirus is an infection, not a bacterium so it can't be sent by 5G portable innovation (Intelligence, Lover, Srivastava, and Sivasubramanian, 2011). These speculations came as Wuhan was in the initial not many urban communities in China to do preliminary 5G. However, "Beijing, Shanghai, and Guangzhou" additionally turned out 5G simultaneously. It is likewise being seen that Coronavirus has significantly influenced nations having no 5G inclusion, for example, Iran."(7).

Myth – "Breastfeeding ought not be done in the event that you are tainted with Coronavirus."

Fact – "according to WHO, ladies with Coronavirus should be upheld with breastfeeding securely, hold her new-conceived skin – to – skin and offer a territory along with her infant. The infant who has just been presented to the Covid

by the mother will profit most from immediate, kept breastfeeding. This is on the grounds that breast milk gives security against numerous ailments and reinforces the baby's safe capacity."

Myth – "Drinking water can forestall Coronavirus."

Fact – "A post circling via online media claims that drink each quarter-hour will wash down any infection in your throat into your stomach, where the corrosive will kill it. Nonetheless, there's no logical proof that this neutralizes any respiratory infection. In any case, drinking water keeps you hydrated." (8)

Myth – "Drinking silver can execute strains of Covid."

Fact – "An American televangelist falsely claimed that colloidal silver, a metal particle hanging in a liquid, is capable of killing coronavirus strains within 12 hours and boosting the immune system. However, it can lead to renal injury and epilepsy without any indication that drinking silver benefits. Instead. Contrary to iron and zinc, silver is not a metal with a physical body feature.

Myth - "To clean the coronavirus with warm water and salt."

Fact – "Coronavirus has gone viral into social media, eliminating a message which soothes warm water and salt or vinegar. The PBI verified that it is false notifications stating it is difficult to avoid coronavirus by drinking and gargling with warm water combined with vinegar and salt."

A number of related studies are reported in relation to myths on covid-19 (9-12). Few of the related articles were reviewed(13-15).

### Conclusions :

Researchers and scientists continue to focus on their treatment. This virus has a very horrible impact on our lives. We must check misconceptions that circulate

across social media and keep our eye on the truth so that we are more able to defend ourselves. At the personal level, people have to stop COVID 19. The diffusion of COVID 19 has been a problem for us. Suitable action will help the world as a whole in individual societies and nations.

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