**Myth-Busters About Coronavirus (COVID-19)**

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| **MYTH** | **FACT** |
| **If I don't feel very sick and/or have only one or two flu symptoms, I can continue working.** | **If you feel sick, avoid contact with other people or coworkers; call a doctor / clinic immediately and promptly report your illness to your work supervisor.** |
| **If I do not have legal documents to reside in the United States, I cannot go to the doctor.** | **If you live in the state of NY, you are eligible for emergency health insurance and for medical treatment.** |
| **Antibiotics, malaria medicine, or lupus medicine can prevent and treat COVID-19.** | **You should not self-medicate. Antibiotics treat bacterial infections, not viruses. Until now, there is no recommended preventive or curative medicine for COVID-19.** |
| **Churches are safe places to gather.** | **The government has recommended canceling meetings anywhere until further notice.** |
| **I can still organize parties for families and close friends if they are not sick or have no symptoms of COVID-19.** | **No, we must practice social distancing between families and friends even when they feel healthy.** |
| **I can still organize parties for families and close friends if all of us wear masks or cloth face coverings.** | **No, we must avoid gatherings even when we wear masks or cloth face coverings.** |
| **COVID-19 only affects the elderly or people with chronic health problems (hypertension, diabetes, etc.).** | **COVID-19 can spread to people of all ages. However, the elderly or chronically ill people with underlying conditions are at higher risk.** |
| **Children do not get COVID-19.** | **COVID-19 infects everyone equally but children appear to be less susceptible to COVID-19. Still, preventive measures must be taken to protect them.** |
| **Eating garlic prevents coronavirus infection.** | **Garlic is healthy food, but there is no evidence that eating garlic protects people from getting the coronavirus.** |
| **Blowing hot air into your mouth with the hand dryer helps prevent COVID-19.** | **The warm air from the hand dryer does not kill the coronavirus.** |
| **Gargling with vinegar, salt, baking soda, or all these ingredients combined kills coronavirus (COVID-19) in your throat.** | **There is no proof that these procedures protect you from the coronavirus.** |
| **The flu shot protects me from coronavirus.** | **The flu shot only helps to avoid getting sick from the flu, but not COVID-19. It is still recommended that you get flu vaccine every year.** |

Remember that the best way to take care of yourself and your family is to:

* Wash your hands well with soap and water for at least 20 seconds.
* Stay home.
* When you have to go to work or to the grocery store:
  + Keep 6 feet between yourself and others
  + Wear a mask or a cloth face cover. Avoid touching the mask with dirty hands. Remove the mask by pulling on the side bands without touching the front of the mask.
  + **IMPORTANT:** Cloth face coverings should not be placed on young children under 2 years old; anyone who has trouble breathing; or anyone who is unable to remove it by themselves.

*Disclaimer: This information has been gathered by information from the World Health Organization, Center for Disease Control and Prevention, and other reliable sources.*