



COVID 19 MYTHS AND FACTS

March 31, 2020

A great deal of information is available concerning the COVID-19, and you may find it difficult to discern the myths from the facts—what is true and what is NOT. These myth busters may assist you in making wise decisions.

MYTH: NDSAIDs such as ibuprofen will increase complications with the COVID-19 virus.

FACT: FDA has sent out a statement denying this claim. There is no evidence of this. But if you are concerned, take acetaminophen (Tylenol).

MYTH: The government has known about this virus for years and it is a scam to promote an unnecessary vaccine so that pharmaceutical companies can make more money.

FACT: Corona is the name of a group of viruses that have the shape of a crown with spikes. The first human corona viruses were identified in the 1960's. This Nova or new Corona Virus Disease or COVID-19 is the 7th identified to infect humans. Previous research for a vaccine is referring to a previous corona virus, not this new one.

MYTH: This virus is weak and no worse than the flu we experience every year.

FACT: The virus is very contagious. Unlike the flu that occasionally leads to pneumonia (infection in one lobe of lung), the COVID-19 can lead to a Severe Acute Respiratory Syndrome (SARS) which infiltrates all lobes of both lungs causing respiratory distress and may require mechanical breathing with a ventilator.

MYTH: I am only at risk if I am older or unhealthy.

FACT: Anyone exposed is at risk. The greatest increase in infections in the US is age 20-45 and some have died. Even if not fatal, there is approximately 30% risk of need to be hospitalized and 35% of those in the hospital need critical care.

MYTH: I will not get it if I am not around anyone who is sick.

FACT: The virus is easily spread between people and may travel, unseen in the air up to 6 feet. It is carried in our respiratory system (nose, mouth, lungs). You may not know that someone in a store or at a gathering has the virus. When they cough into their hand or sneeze, the tiny, invisible microbes enter your nose.

So wash your hands, wipe off surfaces, and stay safely at home. I will send out weekly information to keep everyone informed. Please send me questions or concerns through mmclinic@martinmethodist.edu or pcatlin@martinmethodist.edu