You may not have immunity against the novel coronavirus but you can protect yourself against believing and spreading misinformation. Use these myth or fact flashcards to quiz your friends, family, and yourself. We've include a blank flashcard template for you to make your own. What have you heard people say about the coronavirus or COVID-19 outbreak? Do your own research to determine whether it's a myth or based in fact!

It's super important to remember that this is a newly discovered virus and disease. That means there are still many questions to be answered and our understanding may change as research evolves.

GET STARTED:

PRINT
Print pages 2-7 on double-sided setting, selecting "flip on long edge" if your printer gives you the option.

PLAY
Ask the questions on the front, then flip over to find the answer.

EXPLORE MORE
Take what you've heard people talking about, find a trusted source, and make your own cards to share information with family and friends.

Recommended Sources:
Centers for Disease Control and Prevention (CDC):
National Institutes of Health (NIH):
https://www.nih.gov/health-information/coronavirus
Johns Hopkins University (JHU): https://coronavirus.jhu.edu
MYTH OR FACT?
Healthy young adults are immune from getting COVID-19.

MYTH OR FACT?
You can contract the coronavirus from your pets.

MYTH OR FACT?
Taking hot baths DOES NOT prevent the coronavirus (COVID-19).

MYTH OR FACT?
Coronavirus (COVID-19) CAN be transmitted in areas with hot, humid, and very cold climates.

MYTH OR FACT?
Eating garlic can help prevent you from getting the COVID-19.

MYTH OR FACT?
Using hand sanitizer is the only method to protect yourself from the coronavirus, so you should constantly sanitize your hands.
There was one report of a dog being infected in Hong Kong, but at this time there is no evidence that pets can transmit COVID-19. However it’s always a good idea to wash your hands regularly when feeding and petting your animals.

(CDC, 2020)

Anyone can contract the virus and get the disease. The good news continues to be that reports aren’t showing large numbers of children, teens, and young adults getting severely ill. It does appear, however, that they are getting infected in the same ways older adults are but they are less likely to have symptoms that prompt testing. It is important for teens and young adults to realize that they could become ill or spread the coronavirus to others, and should be doing their part by following recommended hygiene and distancing precautions.

(CDC, 2020)

The COVID-19 virus can be transmitted in all climates, including those that are hot, humid, and very cold. It’s more important to understand how many cases have been detected in your community, and what precautions are being recommended by your local officials.

(WHO, 2020)

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 97.7 °F to 98.6 °F regardless of the temperature of your bath or shower.

Taking a hot bath with extremely hot water can be harmful because it can burn your skin.

(WHO, 2020)

Though hand sanitizers with at least 60% alcohol can significantly reduce your risk of getting or spreading the coronavirus, it is not the only method. Washing your hands with soap and water for at least 20 seconds is similarly effective at reducing your risk of exposure.

(CDC, 2020)

Garlic is a healthy food that may have antimicrobial properties, but there is no evidence from the current virus that eating garlic has protected people from the coronavirus.

(WHO, 2020)
MYTH OR FACT?
There's nothing I can do to slow the spread of COVID-19 in my community.

healthcorps.org

MYTH OR FACT?
The novel coronavirus was created in a lab.

healthcorps.org

MYTH OR FACT?
Social distancing can help prevent exposure from the virus.

healthcorps.org

MYTH OR FACT?
I can still donate blood even if I haven't been tested for COVID-19.

healthcorps.org

MYTH OR FACT?
Drinking a lot of water and gargling warm salt water can kill the virus.

healthcorps.org

MYTH OR FACT?
I should be wearing a face mask even if I'm healthy.

healthcorps.org

FRONT 2
There have been genetic analyses done of the virus, with no evidence that it is anything but naturally occurring. Researchers believe that the coronavirus is likely to have originated from bats, but are still learning more about how the virus was first transmitted from bat to human "hosts". 

Everyone can and should play a role in slowing the spread by frequently washing hands and surfaces and practicing social distancing. When cleaning surfaces, pay particular attention to high touch surfaces like door handles, keyboards, phones, and light switches. 
(WHO, 2020)

Donating blood supports many in your community and is still safe if you are healthy and not feeling ill. Blood donations are not tested for COVID-19 because it is a respiratory illness. No cases of transmission through blood transfusions has been recorded for the other two known coronaviruses (SARS and MERS). 
(AAABB, 2020)

The best way to prevent illness is to avoid being exposed to the virus. The novel coronavirus is spread mainly from person-to-person through droplets that travel through the air when someone coughs or sneezes. Staying approximately 6 feet away from people you don't live with and those who are ill limits exposure. 
(WHO, 2020)

Some looser fitting masks may not be effective at preventing infection and may instead cause you to touch your face more—a practice you should avoid. People who are ill and coughing or sneezing should do so into a tissue or their elbow, or wear a scarf that covers their mouth and nose to prevent the possible spread of coronavirus. 
Certain models of professional, tight-fitting masks (such as the N95) can help protect a person from getting infected by the virus but it's important that healthcare workers have enough. Stocking up on masks or using them when you are healthy makes fewer available for those who need them. 
(John Hopkins, 2020)

While drinking plenty of water contributes to your overall health, there is no evidence that you can "flush out" the coronavirus. Similarly, while gargling warm salt water may feel good temporarily it has no effect on the virus. 
(BBC, 2020)
MYTH

FACT

healthcorps.org