



Nine Common Coronavirus Misconceptions

Aegis Therapies has engaged the services of Dr. James Avery, MD, CMD, FAAHPM, FCCP, FACP and Visiting Assistant Professor of Medicine, University of Virginia to provide our teams with guidance during the Coronavirus (COVID-19) outbreak. As part of his assistance, Dr. Avery sat down with us to dispel nine common coronavirus myths.

Myth: Hand dryers kill coronavirus - Rumors are circulating that using hot air from a hand-dryer for 30 seconds could kill the virus if it was on your hands.

Dr. Avery: I wish this were true, but it isn't. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. And, once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Myth: UV lamps kill the coronavirus

Dr. Avery: Although hospitals use UVA lamps for some things, you should not use UV lamps to sterilize hands or other areas of skin in a bid to beat this virus. After all, UV radiation can cause skin irritation.

Myth: Thermal scanners always detect coronavirus

Dr. Avery: You may have seen these thermal scanners on television as they are currently being used at airports, train stations and other public places to detect those with a high temperature. They are used frequently in China.

While these scanners are effective in detecting people who have developed a fever, it doesn't tell you what caused the elevated temperature and it won't pick up those yet to display symptoms.

Remember, it takes between 2 and 14 days (median of 5.1 days) before people who are infected become sick and develop a fever.

Myth: Pneumonia vaccines will protect you

Dr. Avery: I wish this were true, but pneumonia vaccines will not protect you against coronavirus. Vaccines for COVID-19 are still in the making and are unlikely to be finished in time to curb the current outbreak.

The virus is so new and different that it needs its own vaccine.

This document was created by Aegis Therapies, Inc. for informational purposes only and does not provide medical advice. Due to the ever-changing circumstances related to COVID-19, the information can change at any time and therefore, Aegis Therapies, Inc. and its affiliates and subsidiaries do not warrant or guarantee the accuracy of this information. If you have questions, you should conduct your own research.



Myth: Rinsing your nose with saline will prevent infection

Dr. Avery: There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. Although there is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold.

Myth: Gargling with mouthwash will protect you

Dr. Avery: Mouthwash cannot protect you from infection with the new coronavirus. Some brands of mouthwash can eliminate certain microbes for a few minutes in the saliva in your mouth. However, this does not mean they will protect you from 2019-nCoV infection.

Myth: Eating garlic will prevent COVID-19

Dr. Avery: While eating garlic can help to treat the common cold, it won't stop you from being infected with coronavirus. But, of course, garlic is a healthy food and it does have some antimicrobial properties.

Myth: Young people can't get coronavirus

Dr. Avery: Young people are also at risk of COVID-19, despite patterns showing the elderly are struck more often. People of all ages can be infected by the new coronavirus but older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Myth: Antibiotics can kill coronavirus

Dr. Avery: No, antibiotics do not work against viruses, only bacteria.