

Debunking common coronavirus myths

As we learn more about the coronavirus, its spread and the disease it causes, COVID-19, more information is shared not only with doctors, nurses and other health professionals, but also individuals in the community. To help combat the spread of bad information, we've debunked some common myths below.

Myth: Warm weather will kill the coronavirus.

The coronavirus has been found in countries with warmer weather. Exposing yourself to the sun or hot temperatures does not prevent or stop the spread of the virus, but washing your hands and avoiding touching your face can!

Myth: If you can hold your breath for at least 10 seconds, you don't have coronavirus.

The most common symptoms of COVID-19 are a dry cough, tiredness and fever. Some people may develop pneumonia, where it would be harder to hold your breath for longer, but not everyone does. The best way to confirm if you have the virus is by getting a test. If you need a test, we can help! You can schedule a telehealth appointment by clicking [here](#). One of our physicians can visit with you and give orders for a test at our [drive-through testing clinic](#).

Myth: 5G networks can spread the virus.

One of the first myths to float around was that the virus can be transmitted over 5G. The coronavirus spreads through droplets in the air or through surfaces where droplets landed, where you can then pick them up and infect yourself by touching your face before washing your hands. The coronavirus has also been found in countries that do not use 5G mobile networks.

Myth: Taking a hot bath kills the coronavirus.

Taking a hot bath won't prevent you from catching the virus. Your body temperature remains around normal during a bath, regardless of the temperature. Taking a bath with extremely hot water could also burn your skin.

Myth: Drinking alcohol can kill the virus.

Drinking alcohol does not protect you from the coronavirus. Drinking excessively can increase your risk of health problems and can be dangerous. The most important thing to do is spend 20 seconds washing your hands with soap and water and avoid touching your face!

Do you want to speak with a physician about your symptoms or any questions you have? Click [here](#) to schedule a telehealth visit to chat with a provider from the comfort of your home!