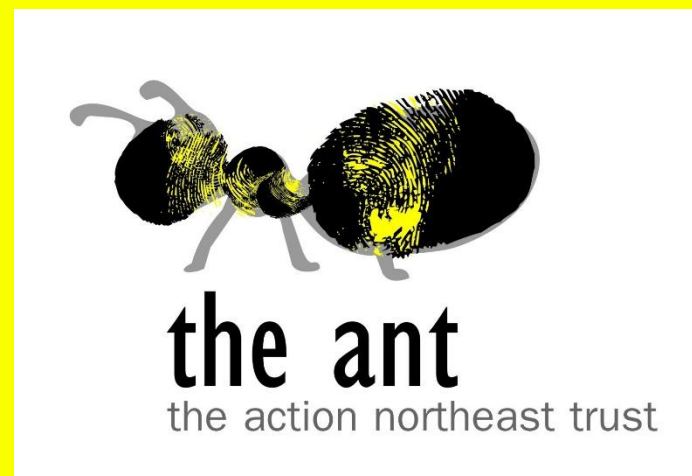


COVID-19

NEW WAVE

15 MYTHS & FEARS



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Myth #1



There is no virus called Corona and it is only a media and Govt creation.

Truth



Corona virus is there AND IT HAS BEEN KILLING. Please start believing that THIS IS REAL. Find out more. This virus would have killed people even in your locality. AND please stop anyone from spreading the news that nothing will happen to you, your family or community.

Myth #2



Corona (the virus that causes CoViD-19) is a foreign conspiracy to trouble or blame only my community or religion

Truth



It is true that many people including those in powerful positions have tried to blame some people from one community or the other for spreading the virus. And it has happened all over the world. Such fools have been disproved very quickly by the virus, because it targets ANYONE. Kings, Presidents, Ministers, bankers, film stars, sports stars, doctors, salesmen, villagers, city dwellers, poor, rich, old, young, children - EVERYONE has faced CoViD. From every religion, from every caste, men, women, transgenders – no one has been left untouched!

Myth #3



Only the old die of CoViD.

Truth



It is true that a majority of people who die of CoViD are above the age of 65. Lesser than that category, deaths occur in those above 45 years. And this has been seen in all countries. In developing countries like India, because the average life span of people is not as long as the developed countries, the proportion of people above the age of 65 is less. Hence a majority of the deaths are happening in the age group of 45 and above. Yet, many young people less than 45 and even children have died, even if their numbers and percentages are small!

Myth #4



People who are admitted because of Diabetes and Hypertension die of that. But hospitals label them as CoViD as they want to blame the virus to claim money from the Govt.

Truth

CoViD tends to attack younger people less than 65 years usually when they have other ailments - often called co-morbidities - like Diabetes, Hypertension, Cancer or even gross Obesity. It is also true that in some countries where Governments were giving money to hospitals for admitting CoViD patients, a few cases were found where CoViD was fraudulently used as a diagnosis for other illnesses. But in India, there is no incentive by the Govt for admitting CoViD patients, hence there is no reason to fear a false diagnosis.

Myth #5



In the next house, today a person has tested positive with CoViD. My family and I are sure to also get infected now.

Truth



Unless you enter the neighbor's house in the next fourteen days without a mask and stay longer than, say fifteen minutes, you hardly have a chance to get CoViD.

If your neighbors are infected, please be kind to them and support them. Help them get their groceries from the market and deliver them to their doorstep – moving away six feet when they open the door. In this way, the chances of getting the virus are not there. **You never know when you will need their help. A friend in need is a friend indeed!**

Myth #6



I cannot keep cleaning and disinfecting every item before bringing it into the house, so we are in big danger of getting infected from contaminated surfaces.

Truth



There is no need to clean and disinfect every item. Earlier it was thought that the virus can infect people through surfaces like plastic, glass, metal, etc. However, now this is found to be untrue.

There is a risk only if a patient who has tested positive for CoViD touches his mouth, nose or eyes, then immediately touches a surface like glass, plastic, metal, etc. and then, another person touches the same surface within a few minutes and also immediately touches his own mouth, nose or eyes!!! Such a risk is high in hospital settings, or buses on routes to hospitals or such places where many unknown people have collected, but not otherwise. Wearing a mask prevents you from touching your nose and mouth easily and if you wash hands with soap immediately after entering the house and before washing your face, it should be enough to prevent transmission from the surface.

Myth #7



I have submitted myself before God and in God's protection, no Corona can attack me.

Truth



Famous last words. Many old people spend a lot of time praying to God and they form the largest percentage of people who die of CoViD! Large religious gatherings have caused many an outbreak of CoViD and also deaths of many religious leaders.

Myth #8



I believe that God has sent the virus to teach us a lesson and we must not come in its way by taking the vaccine or getting treated!

Truth



If so, God also made the people who invented the vaccine and the doctors and nurses who treat you. Besides, isn't it true that the same God gave us a brain to reason and built it above the heart so that the brain rules over our heart. Let us be reasonable and think through if we really do everything that our heart wants! Please mask up, wash your hands well and take the vaccine! It is a duty towards oneself, our old parents and family and also towards the society, country and the world.

Myth #9



I know that the virus is inside me and now that my cough is not stopping and i am breathless, i will die and there is no point in wasting money in the hospital.

Truth



It is true that trying to prevent CoViD from entering into us is the cheapest option. Once we get vaccinated fully - which the Govt is providing free of cost - we can practically rule out the chances of getting serious CoViD, and needing to get into a hospital or of dying. However, these days there are effective medications to save you, provided we keep watching our oxygen levels and reach the hospital before it is too late!

Myth #10



Corona vaccine is not yet fully tested and might not be safe. I will be risking my health and life by taking the vaccine.

Truth



COVID-19 vaccines are safe and effective. By now, crores of people including doctors and nurses have taken them all over the world. You may have side effects after vaccination, but these are mild compared to the risks of the virus. It typically takes 2 to 3 weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. You are not fully vaccinated until 2 weeks after the 2nd dose of a two-dose vaccine or three weeks after a one-dose vaccine. People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. It is our duty to get vaccinated so that we are safe and also lessen the virus spreading to others.

Myth #11



To keep the virus away, so many people have tried and got well with alternate practices which doctors don't talk about.

Truth



90% of people get well on their own and may not even know they were infected. So, if they tried some remedy, they would obviously give the credit to that remedy. Medicines and vaccines are scientifically tested on hundreds of people for being effective against a disease. Some of the home remedies – which we eat daily as food or spices – can be beneficial for boosting nutrition and immunity. But we also find remedies which are potentially harmful such as inhaling camphor or eating cowdung. Please avoid believing Whatsapp forwards blindly.

Myth #12



I am scared to go out of the house and work because if my family members and I get CoVid, we will need a lot of money to get the CoViD medicines to get better.

Truth



The fact is that if one is sensible by wearing a mask while meeting anyone from outside, keeping a physical distance of at least 6 feet from others and not attending any event or wedding where there are crowds, the chances of getting CoViD are very low. So, when the Govt permits, we may continue our job while following CoViD precautions.

Myth #12 Continued in next.....

Myth #12..... Continued

...Truth about medicines



Also, there are very, very, few medicines that have been found to save a CoViD patient from death. And these are :

- 1. Paracetamol kind of pills that can lower the fever.**
- 2. Budesonide inhaler – earlier used for Asthma patients - that reduces serious CoViD from developing and has to be given only if the fever or cough continues for a few days, and**
- 3. Dexamethasone or Prednisolone kind of steroid tablets/ injections that need to be given only after seven days of CoViD have passed or there are signs of Pneumonia severe enough that the oxygen starts going down**
- 4. Oxygen, which is needed if the blood oxygen levels go down in around 5% of patients.**

All these have been with us for many decades and are quite common. Apart from these, not a single medicine has been proven by medical research to reliably cut down deaths even by a few percentage points!

Myth #12..... Continued

...Truth about medicines



Vitamin C, Zinc, Hydroxychloroquine, Azithromycin, Ivermectin, Favipiravir and even Remdesivir have been tested and proven to have no effect on saving lives from CoViD. Remdesivir – which is being sold for sky high prices - can reduce the length of stay in the hospital for moderately ill patients. This helps overcrowded hospitals empty the beds faster for other patients. Giving Remdesivir early in the illness has no benefit and giving it later to serious patients cannot help in reducing death! Doctors may write the medicine under pressure from public in panic and the desire to be seen to be doing at least something, or as some cases suggest –because of financial incentives by dealers and companies.

There is surely no reason to feel guilty of someone's death from CoViD thinking that had you been able to get or pay for an expensive drug, s/he would have been saved. There are no drugs except the four I have listed above that have been seen to be helpful in reducing deaths and they are easily available and not expensive at all!

Myth #13



I want to help my relatives and friends who are infected by CoViD but am scared I will also get it and infect my close family.

Truth



We can all easily help our relatives and friends because that they really need our love and support at this difficult time. You can do that without getting infected or bringing Corona to your family:

- **Call them up regularly to check up on them.**
- **Ask them if they need any medicine or food item and order it to be delivered to them or else pick it up from the shop and take it to them but:**

leave the items outside the door or hanging it on the handle or within reach, ringing the bell or knocking the door, and stepping back six to ten feet. You may also call them up on the phone and watch from a distance

Myth #13 Continued in next.....

Myth #13..... Continued

....Truth about helping others



if it is a very closed space. Speak to them from far for 5 to 10 minutes, crack a joke or talk about your children or things that will cheer them up. You may even take a Pulse Oximeter machine to check on their oxygen levels and see if they are feeling well.

You can also help your relatives and friends in the following ways:

- Find out about medicine shops in their area who can deliver medicines urgently.**
- Also find out closeby taxi services if they need to go to hospital.**
- Take the phone number of neighbours who can check on them from time to time.**

Myth #14



Everyone is cheating others and making money from this CoViD and there is no one to trust.

Truth



This is about how you look at life. While it is not entirely wrong that some people are making profits from the scarcity of beds, oxygen or medicines, it is also true that many, many young and old people have shown us that humanity survives in ample amounts. They have been going out of their way to help others. We need to tap that energy and trust and keep out hope in humanity alive. If you cannot join them, then support and encourage such people!

Myth #15



The Government is doing nothing and the condition of the Govt hospitals is sure to kill me if I go there for CoViD.

Truth



We never had a very great public health system even before the pandemic and its limitations have been exposed. But it does not help to think that it is no use going to a government hospital. To be fair, in the first wave, while private hospitals refused admission of CoViD patients, it was the government hospitals that provided the care. While we need to better the public health system, there is no need to run down the system at such a time. There is no evidence to prove that more patients got better in expensive private hospitals compared to Govt Hospitals. If the need arises, one must go to the Govt hospital as it can save a life.