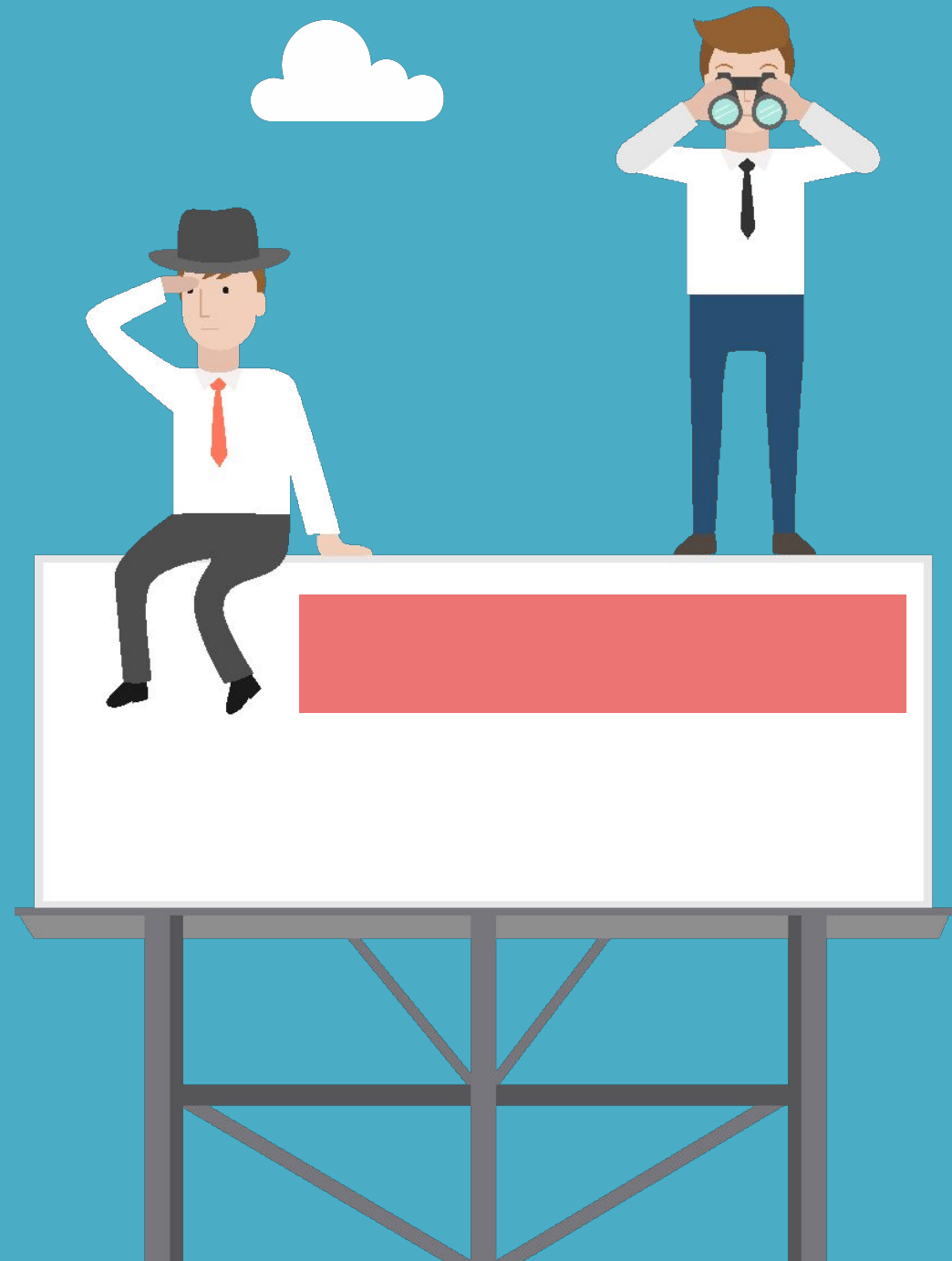


# “Myths about the coronavirus”

Alsu Valieva and Alina Shakirova, 9v



## Can people wear masks while exercising?



People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

The COVID-19 virus does not transmit through water while swimming.

However, the virus spreads between people when someone has close contact with an infected person.

#### WHAT YOU CAN DO:

Avoid crowds and maintain at least a 1-metre distance from others, even when you are swimming or at swimming areas.

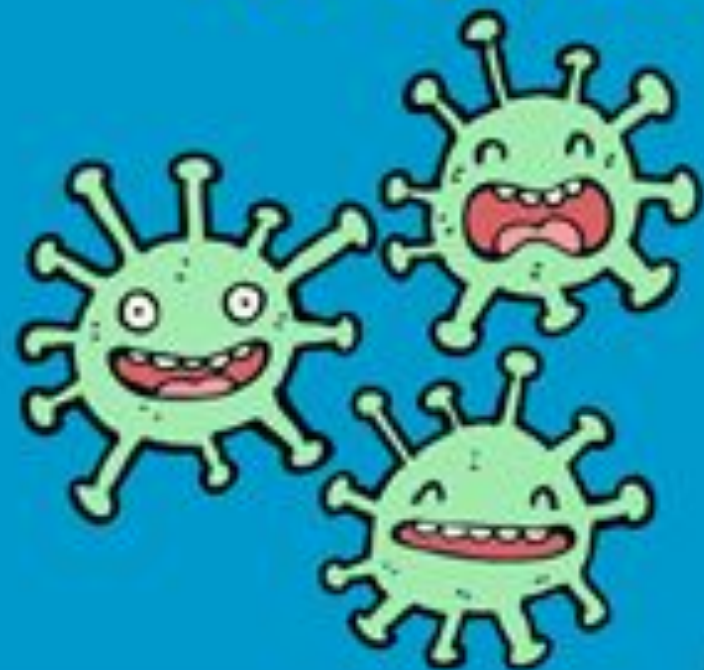
Wear a mask when you're not in the water and you can't stay distant. Clean your hands frequently, cover a cough or sneeze with a tissue or bent elbow, and stay home if you're unwell.

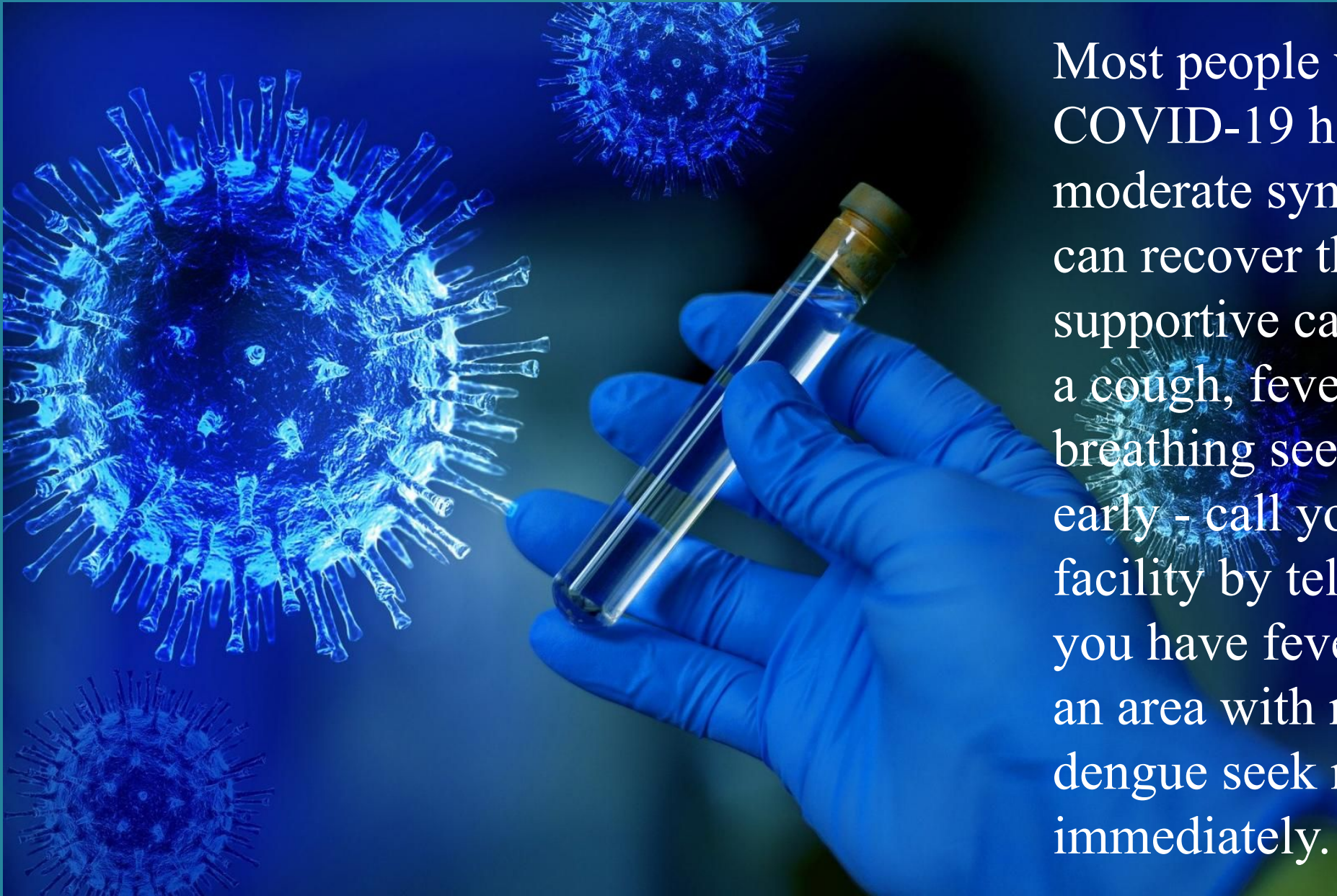
**FACT:**  
Water or swimming  
does not transmit  
the COVID-19 virus



The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

**FACT:**  
COVID-19 is caused  
by a virus,  
**NOT** by bacteria





Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first. If you have fever and live in an area with malaria or dengue seek medical care immediately.

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

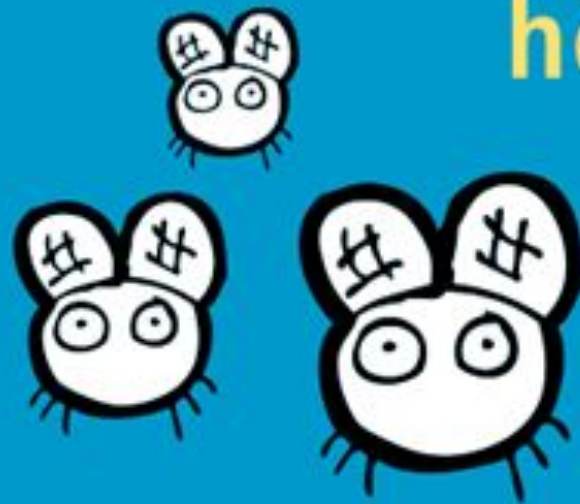
**FACT:**  
Adding pepper to your soup or other meals **DOES NOT** prevent or cure COVID-19.



To date, there is no evidence or information to suggest that the COVID-19 virus is transmitted through houseflies.

The virus that causes COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or speaks. You can also become infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands. To protect yourself, keep at least 1-metre distance from others and disinfect frequently-touched surfaces. Clean your hands thoroughly and often and avoid touching your eyes, mouth and nose.

**FACT:  
COVID-19 IS NOT  
transmitted  
through  
houseflies**



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#COVID19

#coronavirus

5 April 2020

**FACT:**

**Drinking alcohol does not protect you against COVID-19 and can be dangerous.**

**The harmful use of alcohol increases your risk of health problems.**





Viruses cannot travel on radio waves/mobile networks.

COVID-19 is spreading in many countries that do not have 5G mobile networks.

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks.

People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.

**FACT:**  
5G mobile networks  
**DO NOT** spread COVID-19



You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.



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**FACT:**

Exposing yourself to the sun or to temperatures higher than 25C degrees **DOES NOT** prevent nor cure COVID-19



27 April 2020

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

## FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.

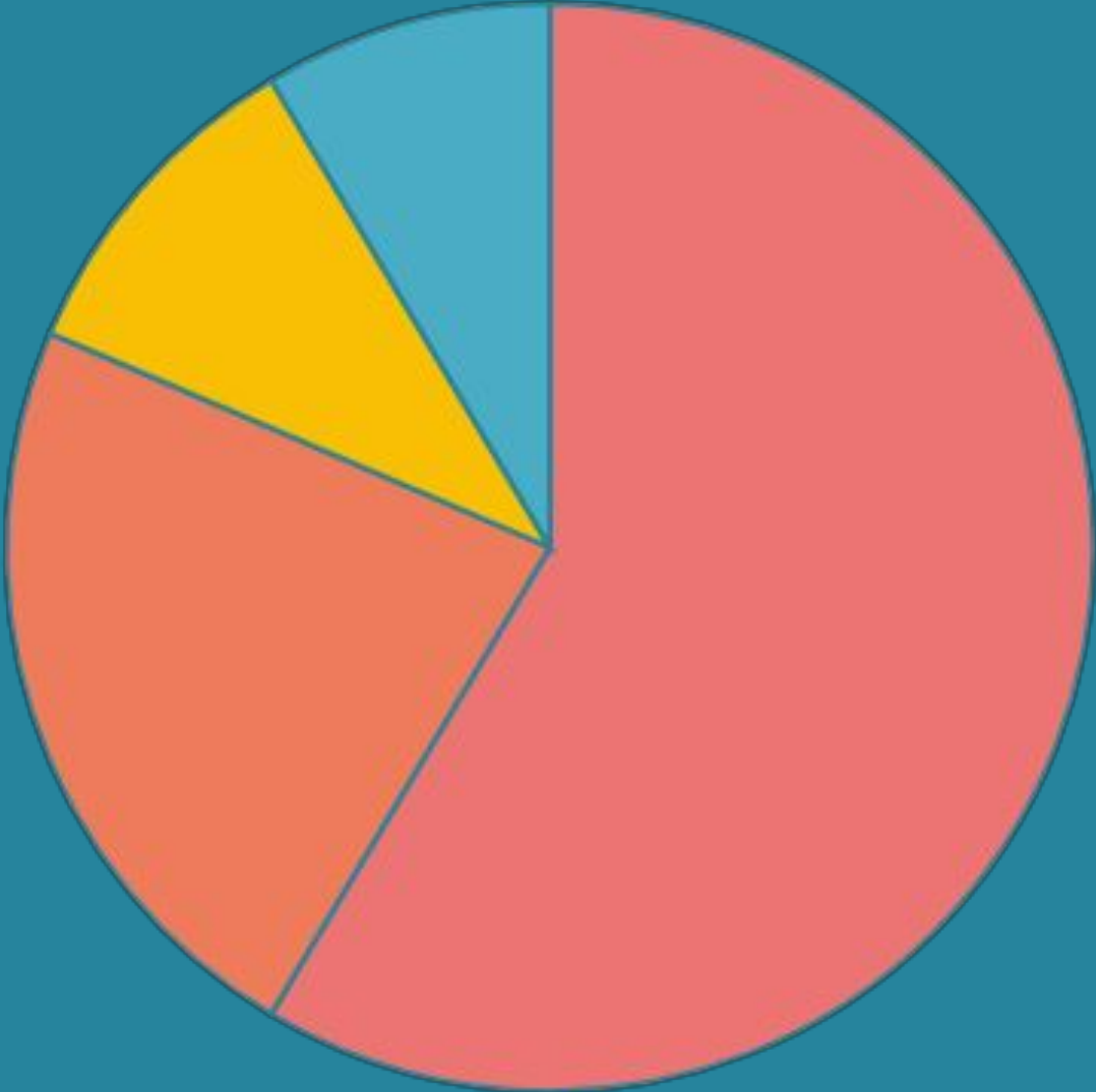


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# Do people need to wear a mask when exercising?



1-й квартал 2-й квартал 3-й квартал 4-й квартал

# Thank you for your attention!



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**COVID-19**  
**Stay safe and healthy!**

All because we CARE!