



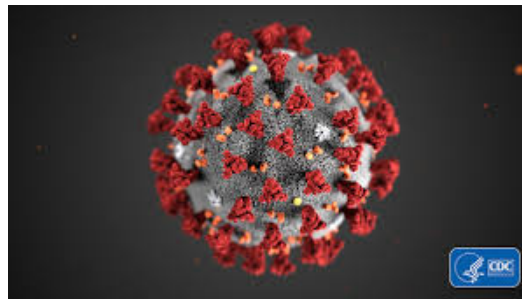
# Fort Bragg Garrison Safety Office



Special points of interest:

- COVID-19 MYTHS
- COVID-19 Symptoms
- Distracted Driving
- Items of Interest

April 2020



## 7 Myths About Coronavirus You Need to Stop Believing Now

Colby Hall Best Life

The COVID-19 pandemic has created a seemingly endless list of tips to follow to stay safe, but there are just as many mistruths and myths about coronavirus out there. Washing one's hands and limiting contact with as many people as possible (a.k.a. social distancing) are still the best ways to both stay healthy and not spread the virus. But a stubborn amount of misinformation is spreading just as fast as COVID-19 itself.

### **Myth: There's a coronavirus vaccine out there.**

There is no vaccine for the coronavirus currently available. According to the experts at Johns Hopkins: "There is no vaccine for the new coronavirus right now. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months."

## **Myth: Ordering products from China could make you sick.**

COVID-19 is mainly spread through liquid droplets. So while it's technically possible that a product ordered from China could house a virus-infected bit of liquid, the odds of that happening are almost impossible. According to Johns Hopkins, "Scientists note that most viruses like this one do not stay alive for very long on surfaces, so it is not likely you would get COVID-19 from a package that was in transit for days or weeks." So good news: There's no need to change your online shopping habits!

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## **Myth: A face mask can protect you against coronavirus.**

Surgical masks are helpful for those who may be compromised or exposed to COVID-19. However, masks don't limit the contraction of coronavirus. "Since the virus is transmitted as droplets, it is currently not recommended to use standard face masks, surgical face masks, or N95 masks," Taylor Graber, MD, resident anesthesiologist at the University of California San Diego Medical School previously told Best Life. "Good hand hygiene and washing is sufficient."

In fact, the surge of surgical mask purchases has created a dangerous shortage for medical professionals who critically need them. So unless you are a doctor, you have COVID-19, or you have a compromised immune system, please don't waste very valuable surgical masks.

## **Myth: A change in temperature can kill coronavirus.**

According to the World Health Organization (WHO), "There is no reason to believe that cold weather can kill the new coronavirus or other diseases."

Similarly, there have been stories that warm weather can kill coronavirus, but those aren't true either. "The virology of COVID-19 does not diminish in warm temperatures," Rocio Salas-Whalen, MD, of New York Endocrinology previously told Best Life. "Although the virus may have a seasonal cycle, it is not reasonable to expect a huge decline in transmission due to warmer weather alone. We see the largest decrease in infections when people refrain from being in

locations with poor ventilation and/or large crowds."

## **Myth: Taking a hot bath will protect you against coronavirus.**

There may be relaxing benefits to a hot bath, but it won't keep you from contracting coronavirus. "Taking a hot bath will not prevent you from catching COVID-19," WHO asserts. "Your normal body temperature remains around 97.9°F to 98.6°F, regardless of the temperature of your bath or shower."

## **Myth: Bleach, silver solution, and garlic can protect you from coronavirus.**

There are a ton of scams that have arisen in the past few weeks, which has led to a flurry of complaints from the Food and Drug Administration (FDA). There have been false claims that drinkable silver, gargling with bleach, and garlic soup can help you avoid COVID-19. Long story short, if something sounds too good to be true, then it almost certainly is. Washing your hands and limiting contact with others are still the best ways to avoid getting sick.

## **Myth: Mosquitoes can pass coronavirus from person to person.**

There is no evidence to suggest that coronavirus can spread via mosquitoes, according to WHO. "The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose," the experts note.



# Sorting out symptoms of COVID-19, influenza, colds and allergies

As the COVID-19 pandemic grows, many health care systems across the country are beginning to become overrun with patients experiencing symptoms that are common to many illnesses. To alleviate the pressure on health care workers, here is a guide to help determine whether you have a cold, the flu or allergies or are indeed infected with COVID-19.

## COVID-19

Primary symptoms of COVID-19 include:

- Fever
- Runny nose
- Dry cough
- Shortness of breath
- Fatigue
- Body aches

Severe symptoms include:

- Fever (100.4 degrees Fahrenheit or higher)
- Pneumonia



## Transmission:

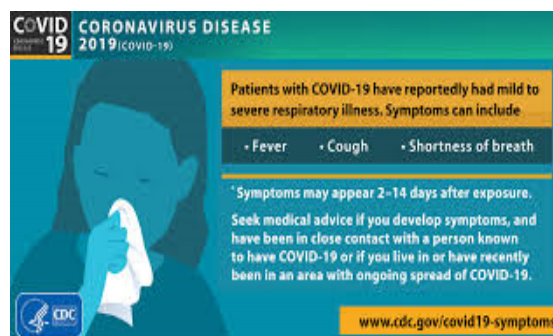
COVID-19 is believed to spread from person to person through sneezing or coughing. Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.

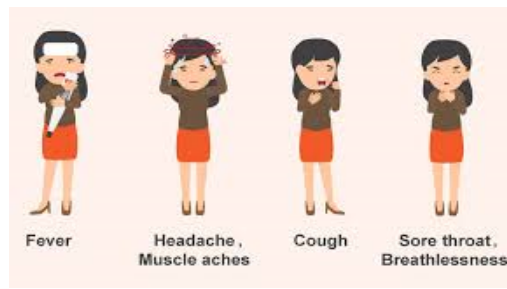
## Influenza (Flu)

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

It is important to note that not everyone with the flu will have a fever. Symptoms typically last one week.





## Common cold

While both colds and the flu are caused by viruses and typically lead to a stuffy nose, coughing and a sore throat, knowing the difference between cold and flu symptoms, many of which overlap, can make a world of difference when it comes to figuring out the type of infection you may have.

A cold happens gradually and is felt mainly in the head and the nose, usually with more mild symptoms and fatigue. While you may feel bad, if you do not have a fever, you can still generally continue to go about your day.

However, if you have the flu, symptoms are much more severe than with a cold and have a quick onset.

## Allergies

Allergies are often confused with the flu, but there are a few important distinctions to make. Typical allergy symptoms are:

- Sneezing
- Congestion
- Runny or stuffy nose
- No fever

Every season brings with it different allergens, and the most common triggers for spring and fall allergies include pollen from weeds, trees, grasses and mold spores.

## Be vigilant

Knowing the difference in symptoms can help you determine the best route for treatment. Depending on the type of infection, your doctor may be able to prescribe an antiviral drug to help speed up the recovery process by shortening the amount of time that a person is sick and preventing the serious complications that can come with the flu.

People should call their medical provider before going to a clinic, doctor's office or emergency room and should follow their instructions. Do not go to a medical facility without calling first. If you have COVID-19, you run the risk of infecting others and continuing the spread of the disease. If you do not have it, you run the risk of becoming infected yourself.



## April is Distracted Driving Awareness Month

On a typical day, more than 700 people are injured in distracted driving crashes. Talking on a cell phone – even hands-free – or texting or programming an in-vehicle infotainment system diverts your attention away from driving. Keep yourself and others around you safe and #justdrive.

Distracted Driving Awareness Month is a time to raise awareness of this issue and commit to keeping our roads safer.

### The Just Drive Pledge:

I pledge to Just Drive for my own safety and for others with whom I share the roads. I choose to not drive distracted in any way – **I will not:**

- Have a phone conversation – handheld, hands-free, or via Bluetooth
- Text or send Snapchats
- Use voice-to-text features in my vehicle's dashboard system
- Update Facebook, Twitter, Instagram, Vimeo or other social media
- Check or send emails
- Take selfies or film videos
- Input destinations into GPS (while the vehicle is in motion)
- Call or message someone else when I know they are driving



**SAFETY**