



Coronavirus Mythbusters

An information sheet for supporters and the community

What is a novel coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Novel coronavirus is a new strain of coronavirus that has not been previously identified in humans. The virus causes the respiratory disease known as COVID-19 (COronaVirus Disease 2019). Symptoms include fever, coughing, a sore throat and shortness of breath. The virus can spread from person to person, but good hygiene can prevent infection.

What are the symptoms of COVID-19?

The common signs include a fever (37.3°C or higher), cough, sore throat, fatigue, or shortness of breath.

If you have any of these symptoms, phone your doctor or state health service immediately and seek advice.

What can I do to protect myself?

There are a number of things you can do to protect yourself and others from infection:

- Clean your hands with soap and water or alcohol-based hand rubs.
- Cover your nose and mouth with a tissue or flexed elbow when you cough or sneeze.
- Avoid contact with anyone who has symptoms such as fever, a cough, sore throat, fatigue, and shortness of breath.
- Stay at least 1.5 metres away from people who cough or sneeze.
- Stay home.

Can COVID-19 can be transmitted in areas with hot and humid climates?

YES, it can be transmitted anywhere, including areas with hot and humid weather. Follow the advice of health authorities – wash your hands, avoid other people, stay home, stay safe.

Do mosquitos spread Coronavirus?

NO, there is no evidence that mozzies spread Coronavirus.

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.

Can hand dryers kill Coronavirus?

NO. Wash your hands, dry them thoroughly with paper towels or a warm air dryer, and follow the advice of authorities. Dispose of the paper towels after use.

Does holding a deep breath for 10 seconds detect Coronavirus?

NO. The only way to detect Coronavirus is through the testing offered by health authorities.

Does gargling salt-water or rinsing your nose with saline protect you against Coronavirus?

NO, there is no evidence to suggest gargling salt-water or rinsing with saline will protect you against Coronavirus. There is some evidence that these types of things may help with the symptoms of the common cold, but they offer no immunity from Coronavirus.



Does taking a hot bath prevent and protect you against Coronavirus?

NO. Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower.

Taking a hot bath with extremely hot water can cause burns and injuries. The best way to protect against Coronavirus is to wash your hands frequently and maintain a safe physical distance from others.

Can young people be affected by Coronavirus?

YES. People of all ages can be infected. Older people appear to be more vulnerable to severe illness, but there have been cases of young people dying from COVID-19, the disease caused by Coronavirus.

Will antibiotics help to treat and prevent Coronavirus?

NO, antibiotics do not work against viruses. Antibiotics are used to treat bacteria.

Will spraying yourself with alcohol or chlorine kill Coronavirus?

NO. If you have the virus, spraying alcohol or chlorine will not kill it. Both alcohol and chlorine can help with disinfecting surfaces, but always follow the instructions and be careful using these products around young children.

Can a UV lamp kill Coronavirus?

NO. UV lamps should not be used to sanitize hands or other areas of skin and can cause skin irritation.

Can thermal scanners detect Coronavirus?

NO. Thermal scanners can detect a fever, but they cannot detect COVID-19 or people who may be carrying the virus. It takes between two and 10 days for infected people to become sick from Coronavirus and develop a fever.

Do the pneumonia or flu vaccines protect you against Coronavirus?

NO. There is no vaccine available yet to prevent Coronavirus and the disease COVID-19. However, it is strongly recommended you vaccinate against respiratory illnesses in order to protect your health and resistance to illness.

Researchers and world health authorities are urgently trying to create a new vaccine to help us beat Coronavirus. Always wash your hands, avoid other people, and until otherwise advised, stay home.

Is there a drug to treat Coronavirus?

NOT YET. However, anyone who has the virus should seek medical care for management of the symptoms, and those with severe illness require urgent hospitalisation. Researchers and world health authorities are urgently trying to find a vaccine to prevent the virus and treatments to help us beat it.

If you need support, we're here to help!

There is still much we don't know about COVID-19 and the impact it will have on our community.

It is clear, however, that men living with prostate cancer and their families will be especially vulnerable to the effects of this pandemic. Please [donate](#) today to keep our work alive and [call us on 1800 22 00 99](#) for help or email enquiries@pcfa.org.au.