



COVID 19

Pre-deployment awareness Training

(UN C-PAT)

Student Handbook

First Edition 10/2020



United Nations

INTRODUCTION

The operating environment faced by United Nations peacekeepers is increasingly demanding and volatile. Peacekeepers are exposed to risks such as being targets of malicious acts; and encounter injury, illness and loss of life in their duties. Additionally, since the end of 2019 the entire world, and thus the United Nations peacekeeping missions are threatened by the COVID 19 pandemic.

The United Nations is committed to working with Member States in providing a consistent level of high-quality pre-deployment training to all mission personnel. The COVID-19 pre-deployment training will allow all peacekeeping personnel to be aware of the measures they need to take to protect themselves and prevent further spread of the disease.

This course is based on the facts and best practices, guided by the World Health Organization, to prevent COVID 19.

In recognition of the language constraints across missions and nations, this course has been developed to enable you to apply the pre-deployment training for COVID 19 in a manner which suits your national training environment.

The Course should be delivered through a combination of classroom sessions, visual aids and practical exercises, utilizing Bloom's Taxonomy learning framework.

By the end of this course you will be able to understand and apply all necessary protection procedures and be able to apply these with precision and meticulousness during your deployment with the United Nations.

RECORD OF AMENDMENTS

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OVERVIEW

The Course

The aim of the United Nations COVID 19 Pre-deployment awareness training (UN C-PAT) is to equip United Nations deployed peacekeepers with the knowledge and skills to protect themselves and their comrades from COVID 19 infections.

The Course Handbook

This handbook is intended to be used as a teaching reference to support face-to-face practical UN C-PAT training. The Course Handbook serves as a primary reference document and has been intentionally written using terminology that is easily understood by non-medical personnel. Medical terminology (e.g. distal/proximal, superior/inferior, rhabdomyolysis) has been intentionally substituted with common everyday terms that are more easily translated between languages.

Course Competencies

The UN C-PAT is divided into 8 modules, each module is comprised of multiple assessable learning outcomes. All modules contain skills and activities that are required to be demonstrated to an established standard.

Trainee Responsibilities

Your primary responsibility is to ensure that you understand your responsibility to stop the spread of COVID 19 and follow thoroughly the recommended procedures and measurements to protect yourself and your vicinity.

UN C-PAT precautions must be maintained for the duration of your deployment. While treatment of COVID 19 cases is the responsibility of medical personnel; being proactive to stop the spread of the disease is yours.

Training Delivery

A training timetable will be developed by your Instructor to meet all required competencies in the curriculum. If required, it will allow additional training and practice time.

Module 1: COVID 19 - Introduction:

Overall learning objective: To learn basic information about COVID 19 including transmission, symptoms, prevention and treatment. (30min)

By the end of this module, you will be able to:

A) **Understand** what is Coronavirus Disease 2019 (COVID 19)

B) **Know** what the symptoms are of COVID 19

C) **Learn** how to protect yourself and others

- What is a coronavirus?

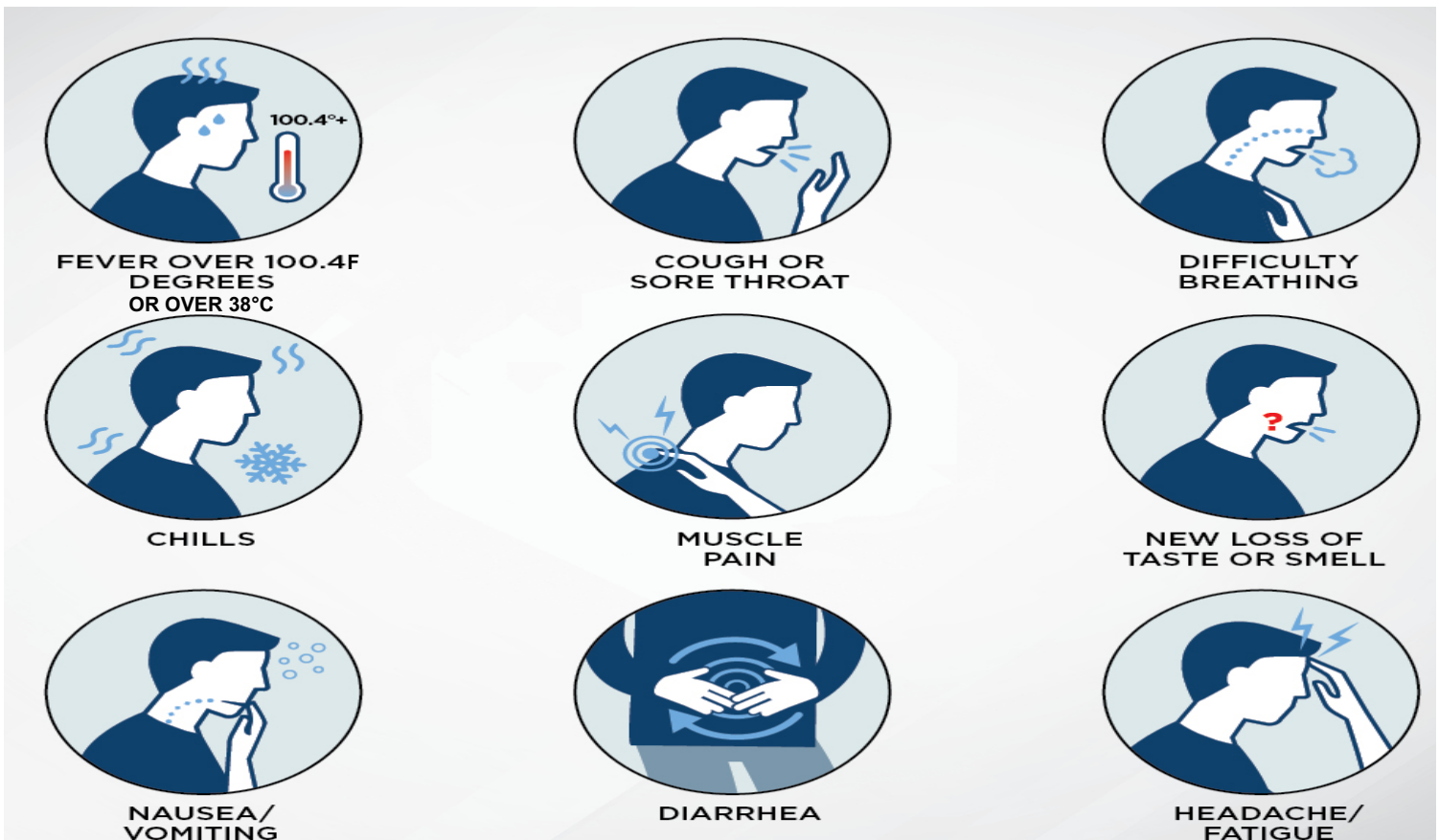
- What is a virus?
 - Viruses are a type of germ. The virus particles are very tiny, and when they get inside your body, they can make you sick. Viruses cause colds, chicken pox, measles, the flu and many other diseases.
 - Antibiotics do not work on viruses like they do on bacteria.
- What are coronaviruses?
 - There are several types of coronaviruses that are common to humans and typically cause the common cold.
 - However, the coronavirus we're talking about today is the newest type of coronavirus, which causes an illness called COVID 19.

- What is COVID 19?

- In December 2019, a new type of coronavirus was discovered in Wuhan, China making people sick with flu-like symptoms. The illness is called coronavirus disease-19, or COVID 19, for short. The 19 stands for the year 2019 when the disease started.
- The virus spreads easily from person to person and has affected people all over the world. Almost all countries in the world have lost people to COVID 19. Since the pandemic has started, during the first 9 months of the disease, almost 1 million people have died. These numbers are continuously changing.

- **Sign and Symptoms of COVID 19**

- For some people, COVID 19 can have symptoms similar to the common cold or flu
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea



- **Treatment of COVID 19**

- For most people, the illness is usually mild.
- However, for some people COVID 19 can make them severely ill or they can die from the disease. Elderly people over 60 years old and people with pre-existing medical conditions like the below can have more severe disease.
 - Cancer
 - Kidney disease
 - Chronic lung disease
 - Weak immune system
 - Obesity
 - High blood pressure
 - Heart disease
 - Diabetes
 - And other chronic diseases
- Until now there are no vaccines nor a specific antiviral treatment for COVID 19.
- You can only isolate the patients, give supportive care and treat the symptoms.
- While some western, traditional or home remedies may provide comfort and alleviate symptoms of mild COVID 19, there are no such medicines that have been shown to prevent or cure the disease.
- The World Health Organization (WHO) does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID 19

- **How to Prevent COVID 19. Preventive measures**

- Prevention is very important
- Put a Physical Barrier Between You & the Virus
 - Practice physical distancing
 - Wear a Mask
 - Avoid large gatherings of people
- Prevent the virus from entering Your Body
 - Wash your hands frequently
 - Don't touch your face
 - Clean and disinfect surfaces

COVID-19 PREVENTION



WASH YOUR HANDS



USE SOAP



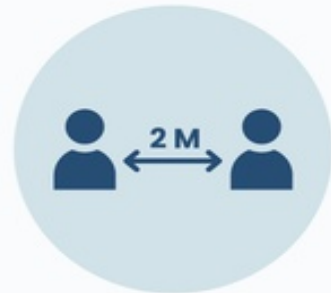
AVOID CROWDS



WEAR MASK



AVOID HANDSHAKE



PHYSICAL DISTANCING

Module 2: Coronavirus (COVID 19 Testing):

Overall learning objective: To learn basic information about COVID 19 testing. (15min)

By the end of this module, you will be able to:

A) **Understand** the different tests for COVID 19

B) **Understand** who will be tested and why

- **Why do we need to test for COVID 19?**
 - Testing is only one part of response plan.
 - Testing by itself will not prevent the disease or reduce death or complications from the infection.
 - Testing is useful because you can identify people who are infected early and ensure they are isolated to stop the disease from spreading to others.
 - People who have the signs and symptoms of COVID 19 should be considered as “suspect cases” if they did not have a test done. Such people should also be isolated from others especially if in locations where there are no tests available.
 - There are some individuals who may not have any symptoms, but who may test positive also.



- What type of tests are available?

○ **PCR Test:**

- A nasal swab that detects the genetic information of the virus
 - You can only test positive if the virus is present in your body and you are actively infected.
- If you are positive it means that the virus is in your body, but it does not always mean that you will feel sick or show symptoms of the virus, since there are some individuals who may not have any symptoms, but who may test positive also.

○ **Antibody Test:**

- Antibodies appear in the blood a week or two *after* you have been infected, after which time the virus should have been cleared from the body
- An antibody test cannot tell who is currently infected with COVID 19
- An antibody test should not be used to make any diagnosis or management of the patient.

○ **Antigen Test:**

An antigen test can be used in the first 5-7 days of illness for someone who has symptoms of COVID 19.

- Rapid antigen tests are available on the market and their advantage over PCR tests is that they are usually cheaper and have quick turn-around times
- This test can sometimes show a negative result when you are actually infected (false negative) therefore the lab might still need to do a PCR test to make sure the test result is accurate.

• **How do I get my test done in mission?**

- There are not enough tests worldwide for everyone and therefore missions must prioritize testing for:
 - People with signs and symptoms of COVID 19
 - People who are close contacts of COVID 19 cases
 - Health care personnel working with COVID 19 cases
 - Individuals at high risk to develop severe diseases (those with co-morbidities such as: diabetes, hypertension, asthma etc.)

Module 3: How to protect yourself and your comrades against COVID 19

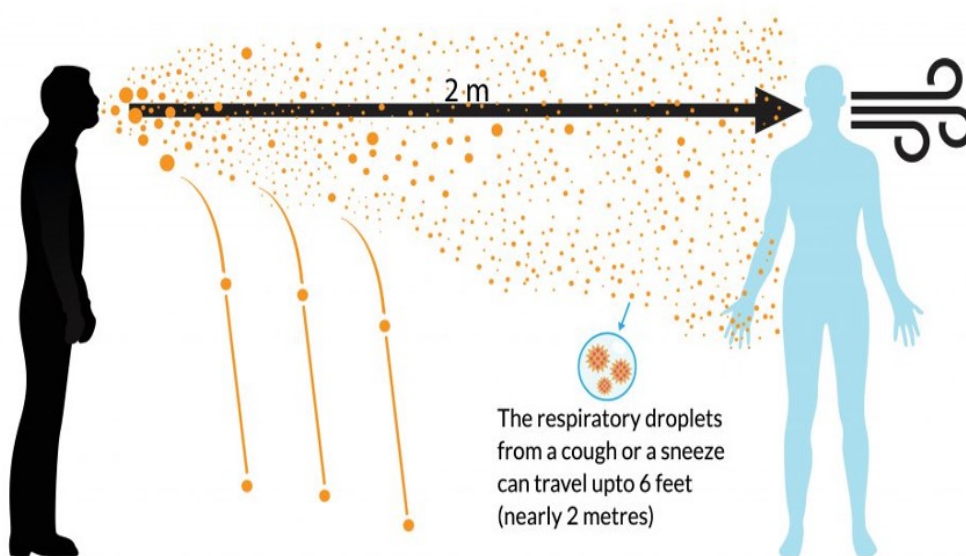
Overall learning objective: How to reduce the risk of exposure to COVID 19 under UN PKO circumstances. How to perform Physical distancing. (30 min)

By the end of this module, you will be able to:

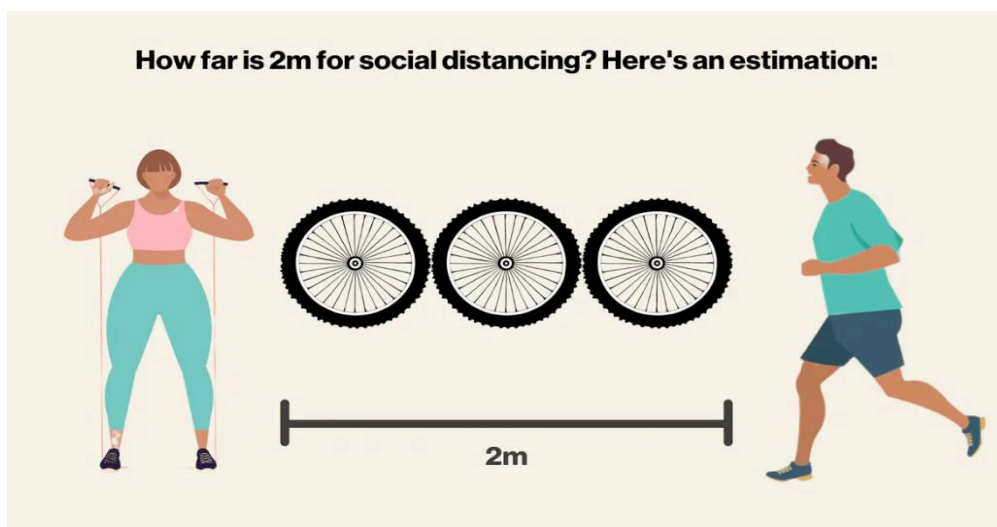
A) **Explain** physical distancing

B) **Understand** how to perform physical distancing in your camp

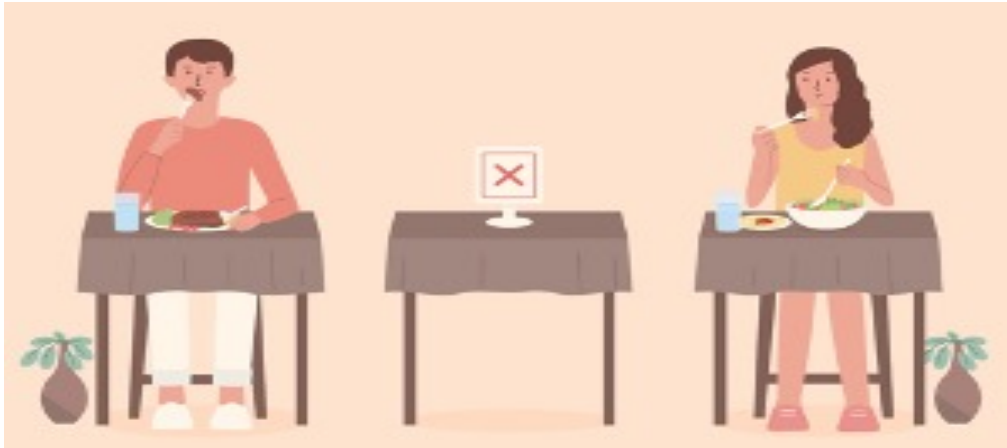
- **How to protect yourself against COVID 19?**
 - o The distance respiratory droplets from a cough or sneeze are thought to travel is 6 feet or 2 meters. Because of their size they quickly drop to the ground. People can get infected if they breathe in these droplets, or the droplets land on their eyes, nose, or mouth either directly or indirectly. Although people who are sick with COVID 19 are the most infectious, it is possible that some people may spread the virus before they start to feel unwell. To prevent transmission of COVID 19, it is essential to put a physical barrier between you and the virus to protect your comrades and yourself.
- **What is Physical distancing?**
 - o Physical distancing means avoiding crowds and staying at least 2 meters (6 feet) away from others at all times even if they are not known to have COVID 19.



- **Why do we perform physical distancing?**
 - When someone with COVID 19 coughs or sneezes the small droplets from their nose or mouth can travel up to 2 meters. It is important to protect yourself by staying out of range of the droplets.
- **How to perform physical distancing?**
 - Keep your distance by staying at least two meters (six feet) away from others if you must meet with someone in person.
 - The number of people in any given location is important, but the density (how close people are to each other) is even more important. Don't hug or shake hands and find an alternative greeting.
 - Use your mask and other PPE when it is not possible to maintain six feet distance



- **How do we physical distance in an office, accommodations, religious areas, kitchens and/or sporting or gym areas?**
 - Make a conscious effort to avoid crowds.
 - **Dining facility**
 - Arrange staggered mealtimes to decrease the number of individuals eating at one time
 - Eat in small groups in the dining area, ensure chairs are 2 meters (6 feet) apart
 - Have a server for the food rather than everyone serving themselves



▪ **Accommodations**

- Ensure beds are 2 meters apart from one another whenever possible
- Persons should lay head-to-toe or toe-to-toe to create more distance
- Use partitions between beds where possible

For single beds positioned next to each other (side-to-side):

- At least 6 feet apart AND patient's laying position is head to toe

For beds positioned across from one another (end-to-end)

- Feet of beds are at least 6 feet apart AND patient's laying position is toe to toe.

For bunkbeds that are positioned next to each other or across from one another:

- Position beds at least 6 feet apart.
- Ensure the patient's laying position is head to toe **on each separate bunk bed**, so positioning allows for the least transmission risk as possible. This includes laying position that is head to toe with adjacent bunks.

- **Events**

- Consider to postpone all games and socialization activities
- Conduct all events outdoor where possible
- When and if decided to open gym or fitness facilities, establish the maximum numbers or individuals to be permitted in the gym at one time to allow for appropriate physical distancing (2 meters apart).
- All gym users must perform hand hygiene when entering and leaving the gym.

Conclusion

Physical distancing is one of the essential measures to protect yourself and your colleagues from getting COVID 19 infection. If you find someone is not maintaining that distance you should inform them and move away.

Module 4: Basic hygiene measures:

Overall learning objective: To learn basic information about COVID 19 including transmission, symptoms, prevention and treatment. (30min)

By the end of this module, you will be able to:

A) **State what personal hygiene is**

B) **Explain the need for personal hygiene and how to conduct it**

Introduction

You have heard about personal hygiene a million times. There are a lot of things we don't know about coronavirus, but we do know that it spreads through respiratory droplets produced when an infected person speaks loudly, sings, coughs or sneezes. Other people may be infected when they touch a surface that has virus particles on it and then touch their own mouth, nose, or eyes. Hand hygiene therefore is the very best weapon in any fight between human and COVID 19.

Importance of general hygiene and personal hygiene

- **Wash your hands often**
 - Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- **Avoid close contact**
 - When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID 19 virus if the person has the disease.
 - Where people come together in crowds, you are more likely to come into close contact with someone that has COVID 19 and it is more difficult to maintain physical distance
- **Cover your mouth and nose**
 - Masks are a key tool in a comprehensive approach to the fight against COVID 19.
 - Wear your mask when around others
- **Cover coughs and sneezes**

- Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold viruses, influenza and COVID 19.
- **Clean and disinfect**
 - Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- **Monitor Your Health Daily**
 - Monitor your health on a daily basis
 - You might be able to catch the symptoms earlier and help prevent spread of viruses and other infections.
 - If you feel unwell, report to the clinic or health facility in your duty station

Module 5: Wearing a mask:

Overall learning objective: To describe when and how to wear a fabric mask.
To exercise how to use the mask (60 min)

By the end of this module, you will be able to:

A) **Explain** the importance of wearing a fabric face mask

B) **Understand** how to wear and remove a face mask.

Why do we use cloth or fabric mask?

- Cloth mask is the recommended personal protective equipment for the general population as one of the preventive measures for COVID 19. This is recommended to reduce the demand burden on the usage of medical masks between the general population and the frontline medical professional who are in constant exposure to COVID 19
- The World Health Organization recommends the use of medical masks only for healthcare workers, or anyone with symptoms suggestive of COVID 19 (Including those with mild symptoms) and for people caring for suspect or confirmed cases of COVID 19 outside of health facilities.
- Medical masks are also recommended for the at-risk population (people aged 60 or over, and people of any age with underlying health conditions).

Importance of wearing mask

- COVID 19 is spread through two main routes of transmission among the general population, which are respiratory droplets and direct or indirect contact with contaminated surfaces (i.e. tables, keyboards, door handles, etc.) in the environment.
- Masks are effective only when used in combination with frequent hand washing with alcohol-based hand rub or soap and water and physical distancing.

How to wear a mask? (Do's when wearing a mask)

- When using cloth or fabric mask, it must be worn appropriately, and care must be taken to ensure that is removed with care to have the desired protection against COVID 19 infection.

Below are steps that must be taken to ensure maximum protection when putting on the mask (DO's);

- Clean your hands with soap and water or alcohol hand rub before touching the masks. This will prevent contaminating the mask with (viruses, bacteria or dirt) with surfaces (i.e. tables, keyboards, door handles, etc.) in the environment that may be present on your hand before putting on the mask.
- Check the mask to make sure it is clean and free from any damage to it.
- Put the mask on your face. Make sure the mask covers your mouth, nose and chin.
- Adjust the mask to the contours of your face without leaving gaps on the side.
- If it has a nose pin, press it down to ensure that it sits properly on the nose.
- Once you put on the mask, avoid touching the mask, especially the part covering the nose, mouth and chin.
- Masks should be changed/cleaned whenever they become dirty or moist.
- Normal clothes detergent can be used to wash the masks
Replace masks as soon as they become damp with a new clean, dry mask.

******* Practical demonstration of how to wear a mask (5 minutes) *******



[Video link to How to wear a fabric mask](#)

How to remove a mask (Do's when removing a mask)

Appropriate technique must be used when removing the mask to prevent contamination and infection. Below are the steps that must be followed when removing the mask;

- Clean your hands before removing the mask.
- Remove the mask by the straps behind the ears or head.
- Pull the mask away from your face as you remove it.
- If you plan to re-use the mask, always pull it with the straps from the storage bag.
- When you are not re-using the mask, wash it soap or detergent using hot water.
- Cloth face coverings should be completely dry after washing before using them.
- Always clean your hands after touching or removing the mask.
- Cloth face coverings should be washed frequently, at least once daily, handled carefully and changed if soiled or wet.

**** Practical demonstration of how to remove a mask (5 minutes) ****



Don't of wearing or removing a mask

You cannot do the following when wearing or when removing a mask. This prevents contamination and infection;

- Do not use a mask that looks damaged
- Do not wear a loose-fitting mask or droplets may enter through the loose ends.
- Do not wear the mask under the nose, the mask will not prevent inhalation of the infectious droplets if worn under the nose.
- Do not remove the mask where there are people within 1-meter.
- Do not use a mask that is difficult to breathe through.
- Do not wear a mask that is dirty or wet.
- Do not share your used mask with others.

How to dispose of a used mask?

If you are not planning to re-use the mask and you are planning to dispose it, this must be done appropriately to prevent contamination with the environment and other surfaces.

- All used masks are considered infectious until proven otherwise and must be disposed in an appropriate disposal bin (Infectious waste bin or incinerate immediately).
- Always clean your hands after touching the mask during the disposal process.

Caring for your mask

- If your fabric mask is not dirty or wet and you plan to reuse it, put it in a clean plastic, resealable bag. If you need to use it again, hold the mask at the elastic loops when removing it from the bag.
- Wash fabric masks in soap or detergent and preferably hot water (at least 60 degrees) at least once a day.
- If hot water is not available, wash the mask in soap/detergent and room-temperature water, followed by either boiling the mask for 1 minute OR; by soaking the mask in 0.1% chlorine for 1 minute and thoroughly rinsing the mask with room temperature water (there should not be any toxic residue of chlorine on the mask).
- Make sure you have your own mask and do not share it with others.

Module 6: Hand hygiene:

Overall learning objective: To describe when and how to wash your hands. To exercise how to wash your hands with water and soap and how to perform an alcohol rub. (90 min)

By the end of this module, you will be able to:

A) **Know** the importance of hand hygiene

B) **Know** how to perform hand hygiene with soap and water and with alcohol hand rub

Importance of hand hygiene

Effective and timely hand hygiene is a cornerstone of infection prevention and control.

- Hand hygiene is important because many infections/ germs are spread by hands.
- Hand hygiene is the single most important infection prevention and control measure. It has been found to be the most effective way to prevent spread of infection.
- Contaminated hands can transfer pathogen or disease-causing germs to the mucous membrane in your eyes, nose and lips/mouth.

Opportunities for hand hygiene

Following are the times when it is essential and critical to perform hand hygiene;

- Before entering any facility
- After leaving the facility
- Before putting on and after removal of gloves.
- Before putting on and after removal of face mask.
- When gloved hands become visibly soiled or contaminated.
- After cleaning the environment
- Before touching your mouth nose and eyes
- After using the toilet
- Before preparing or handling food
- Before eating and drinking.
- Before caring for someone who is sick.
- After you return from the public places
- After blowing your nose, coughing, or sneezing

Types of hand hygiene

- Hand hygiene with **soap and water**, and
- Hand hygiene with **alcohol hand rub** are the two most common types of hand hygiene in the general population.

Hand hygiene with soap and water is a physical or mechanical way of removing dirt, organic materials and microorganism from hands.

- Hand hygiene with soap and water is the preferred way of cleaning hands when hands are visibly dirty or soiled. Otherwise hand sanitizer (alcohol-based hand rub) is the preferred way.

-

How to wash your hands with soap and water?

- Hand hygiene with soap and water is the preferred methods for hand cleaning when they are visibly soiled.
- Liquid soap is recommended when performing hand hygiene with soap and water.
- Water used during hand hygiene must be visibly clean
- Access to continuous flow of water is essential when performing hand hygiene, water can be accessed using tap water or water collected in a bucket with tap and lid.
- When using soap and water for hand hygiene, this must be done for a minimum of 40- 60 seconds. This contact time is crucial for effectiveness and efficacy of this procedure.
- Dry your hands after hand hygiene with soap and water.

**** Hand Hygiene Demonstration****

- Demonstrate hand hygiene using soap and water, ensure that all participants are able to follow all the steps;

Steps in performing Hand washing with soap and water:

- Wet both hands with water,
- Cover the wet hands with soap,
- Clean or scrub all surfaces of the hand (palms, back of hand, in between fingers and under the fingernails.)
- Rinse hands with water
- Dry hands with clean clothes or by waving them in the air.
- Demonstrate hand hygiene with ABHR, it is important for all participants to know how to use ABHR and all essential steps in cleaning hands.

[Video link for WHO hand hygiene with soap and water](#)

Steps in performing hand hygiene with soap and water

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

- 

Wet hands with water;
- 

Apply enough soap to cover all hand surfaces;
- 

Rub hands palm to palm;
- 

Right palm over left dorsum with interlaced fingers and vice versa;
- 

Palm to palm with fingers interlaced;
- 

Backs of fingers to opposing palms with fingers interlocked;
- 

Rotational rubbing of left thumb clasped in right palm and vice versa;
- 

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- 

Rinse hands with water;
- 

Dry hands thoroughly with a single use towel;
- 

Use towel to turn off faucet;
- 

Your hands are now safe.

 **World Health Organization**

Patient Safety
A World Health Organization Initiative

SAVE LIVES
Clean Your Hands

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May 2019

- Demonstrate hand hygiene with ABHR, it is important for all participants to know how to use ABHR and all essential steps in cleaning hands.

Alcohol Based Hand Rub (ABHR) or Sanitizer reduces or stops the growth of microorganism present on the hands without needs for water.

- The hand sanitizer must contain at least 60% alcohol content for it to be effective
- It is most effective in killing the microorganisms in the hands.
- ABHR are readily accessible and can be carried around more easily compared to soap and water.
- They do not work if hands are already wet and visibly soiled.
- When using ABHR for hand hygiene, this must be done for a minimum of 20 - 30 seconds. This contact time is crucial for effectiveness and efficacy of this procedure.

Steps in performing hand hygiene with Alcohol hand rub

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



 **World Health Organization**

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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May 2009

Module 7: Quarantine and self-isolation:

Overall learning objective: What is the difference between Quarantine and self-isolation. Why is it necessary, what are the rules. (30 min)

By the end of this module, you will be able to:

- A) **Know and Explain** the difference between quarantine and isolation
- B) **Explain** when to use quarantine and or isolation

Quarantine

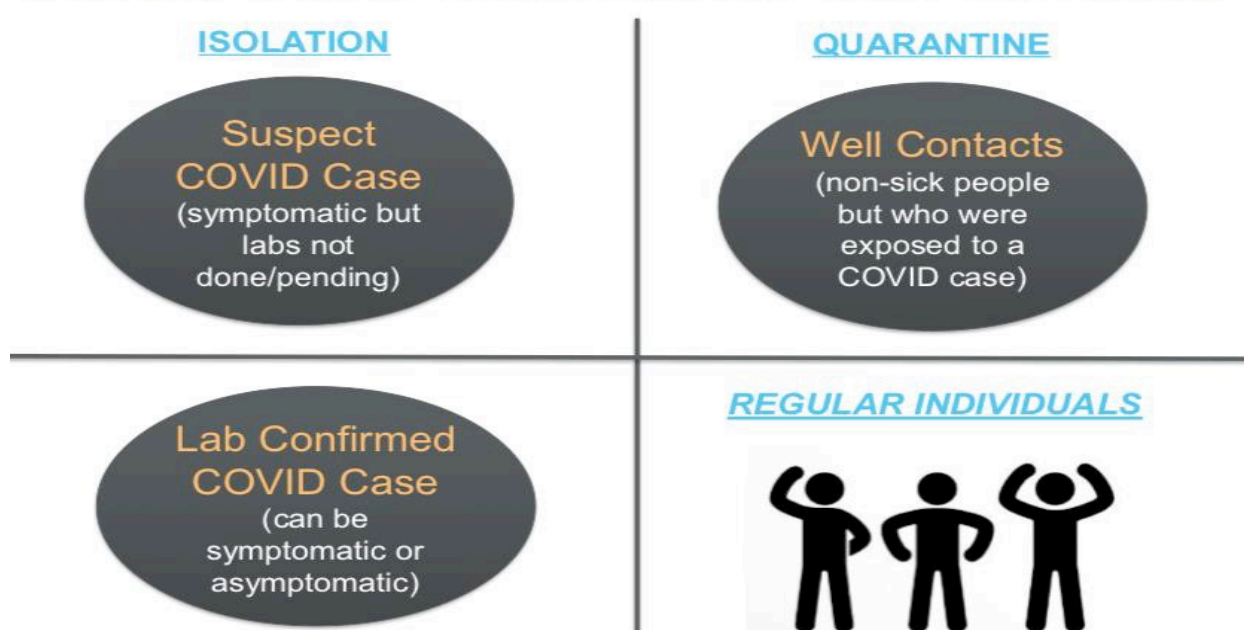
Refers to the separation and restriction of movement of people who are not sick, to see if they will become sick over a certain number of days.

Isolation

Refers to separation of sick people with an infectious disease, like COVID 19, from people who are not sick. A person who has tested positive for the COVID 19 virus can be isolated in either a medical facility or at home (depending on resources of duty station).

Quarantine and isolation help protect the public by preventing exposure to people who have, or may have an infectious disease.

Segregate Strictly These Different Groups No Mixing Of These Groups with Each Other / Well Persons



When to use quarantine:

- Introducing quarantine measures early in an outbreak may delay the introduction of the disease to a country, an area, or may delay the peak of an epidemic in an area where local transmission is ongoing, or both.
- The WHO recommends that contacts of patients with laboratory-confirmed COVID 19 be quarantined for 14 days from the last time they were exposed to the patient.

Quarantine and Isolation:

- If you are placed in quarantine or isolation, you will be separated from other colleagues.
- You should monitor your health closely; you should check for fever and cough and breathlessness daily.
- You should not use any common facilities like dining areas, the gym, or office during this period.
- You should wash your hands regularly with soap and water/ alcohol-based hand rub. Remember to not touch your face, and make sure to cover your mouth and nose when coughing or sneezing.
- If you are on home quarantine or isolation, you should occupy a well-ventilated single room, or if a single room is not available, maintain a distance of at least 2 meters from other household members, minimize the use of shared spaces and cutlery, and ensure that shared spaces (such as the kitchen and bathroom) are well ventilated.
- Frequent cleaning of the quarantine area/home and daily cleaning/disinfection of frequently touched surfaces is recommended, cleaning and disinfection of bathrooms and toilets should be done daily, this will help to prevent to spread of the disease.

Isolation and quarantine measures in mission and duty stations:

1. Appropriate isolation and quarantine arrangements: will be determined by the UN Health Unit or Local Medical Provider.

COVID-19

WHAT IS THE DIFFERENCE BETWEEN ISOLATION, QUARANTINE, AND PHYSICAL DISTANCING?



QUARANTINE means restricting activities or separating people who are not ill themselves but may have been exposed to COVID-19. The goal is to monitor symptoms and detect new cases early.



ISOLATION means separating people infected with COVID-19 to prevent the spread of the disease.



PHYSICAL DISTANCING means being physically apart but socially connected, for example, connecting through digital means.

PAHO



BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus

Module 8: Corona Virus myth-busters

Overall learning objective: Describe current myths and learn how to differ facts from myths. (30 min)

By the end of this module, you will be able to:

A) Know what a fact is

B) Know what a myth is

C) Explain why it is important to differentiate fact versus myth

D) Know where to get correct information about COVID 19

Fact

A thing that is known or proven to be true.

Myth

A widely held but false belief or idea.

Why do we need to know the facts? A scientific **fact** is an undeniably true statement accepted by the scientific community. Facts can be proven to be correct through observations and testing.

SOME EXAMPLES OF MYTHS VERSUSES FACTS

1: 5G mobile networks DO spread COVID 19 (MYTH)

FACT: 5G mobile networks DO NOT spread COVID 19

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.

2: Exposing yourself to the sun or temperatures higher than 25°C DOES protect you from COVID 19 (MYTH)

FACT: Exposing yourself to the sun or temperatures higher than 25°C DOES NOT protect you from 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.

3. Catching COVID 19 MEANS you will have it for life (MYTH)

FACT: Catching COVID 19 DOES NOT mean you will have it for life

Most of the people who catch COVID 19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover thanks to supportive care.

4. A hot bath prevents COVID 19 (MYTH)

FACT: Taking a hot bath DOES NOT prevent COVID 19

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. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID 19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

5. The COVID 19 virus CAN BE spread through mosquito bites (MYTH)

FACT: The COVID 19 virus CANNOT be spread through mosquito bites

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. 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. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

6. Eating garlic DOES prevent COVID 19 (MYTH)

FACT: Eating garlic DOES NOT prevent COVID 19

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

7. Antibiotics CAN prevent or treat COVID 19 (MYTH)

FACT: Antibiotics CANNOT prevent or treat COVID 19

Antibiotics work only against bacteria, not viruses.

COVID 19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment.

However, if you are hospitalized for COVID 19, you may receive antibiotics because bacterial co-infection is possible.

8. You CAN protect yourself from COVID 19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols. (MYTH)

FACT: You CANNOT protect yourself from COVID 19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols.

These products are highly toxic and should **never** be swallowed or injected into the body. Disinfectants, bleach, soap and water may be used to clean surfaces, an important prevention step in stopping the spread of coronavirus and COVID 19 — the disease caused by the coronavirus that's led to the global pandemic. **Never** attempt to self-treat or prevent COVID 19 by rubbing or bathing with bleach, disinfectants or rubbing alcohol anywhere on your body. Effective hand sanitizers do have alcohol, but they are formulated to be safe for use on hands.

9. Ordering or buying products shipped from overseas WILL make a person sick. (MYTH)

FACT: Ordering or buying products shipped from overseas WILL NOT make a person sick.

Researchers are studying the new coronavirus to learn more about how it infects people. As of this writing, the World Health Organization (WHO) says that the likelihood of becoming infected with COVID 19 from a commercial package is low since it has likely traveled over several days and been exposed to different temperatures and conditions during transit.

10. There ARE medicines that can prevent or treat COVID 19. (MYTH)

FACT: There are NO medicines that can prevent or treat COVID 19.

To date, there is no specific medicine recommended to prevent or treat the new coronavirus. However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

11. COVID 19 IS transmitted through houseflies. (MYTH)

FACT: COVID 19 IS NOT transmitted through houseflies.

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 2-metre distance from others and disinfect frequently touched surfaces.

Clean your hands thoroughly and often and avoid touching your eyes, mouth and nose.

12. Adding pepper to your soup or other meals DOES prevent or cure COVID 19. (MYTH)

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

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 2 meters 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.

13. The likelihood of shoes spreading COVID 19 is very high. (MYTH)

FACT: The likelihood of shoes spreading COVID 19 is very low.

The likelihood of COVID 19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.