

# DOCTORS AGAINST TRAGEDIES

## COVID-19: STRAIGHT UP FACTS

### Stop the spread of rumours.

- Coronaviruses is a large family of viruses.
- Some coronaviruses cause respiratory illnesses in people ranging from mild to severe.
- Some coronaviruses cause illnesses in animals.
- Rarely, animal coronaviruses can infect people.
- COVID-19 is a novel naturally occurring coronavirus.
- It was NOT made in a lab.
- Other coronaviruses include MERS and SARS.
- It spreads via respiratory droplets or contact.
- It is NOT airborne.
- Common symptoms include (but not limited to): fever, cough and shortness of breath.
- Incubation period is between 1 and 14 days with 5 days being the average.
- Everyone is at risk of being infected.
- It can make anyone sick regardless of their race or ethnicity.
- Older individuals and people with severe medical problems are at higher risk of severe illness.
- It is diagnosed with a nasopharyngeal (NP) swab (a giant q-tip that is placed in the nose)
- There is currently no vaccine but researchers are working at it.
- Wash your hands for at LEAST 20 seconds.
- Social distancing by staying 2m away from others.
- Over the counter pain meds like Advil and Tylenol does not make COVID-19 symptoms worse.
- Calling it the “China Virus” is racist and leads to social stigma.
- CDC does not recommend that people who are well wear a facemask.
- 5G networks did NOT cause COVID-19.
- Drinking alcohol does not protect you against COVID-19 and can be dangerous.
- It can be transmitted in ALL environments, including cold, hot, dry and humid climates.
- The pneumococcal and Haemophilus influenza type B vaccine do not provide protection.
- If you think you have COVID-19, use the online AHS COVID-19 self-assessment tool.

#### References:

- WHO: [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- AHS: <https://www.alberta.ca/>