

# South Sudan - Jamjang

## Myths and Facts about COVID-19

Updated May 2020

Information on facts about COVID-19 are mainly excerpted from WHO sit, specifically under COVID-19 Myth Busters, available at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>. Information is updated on regular basis. Readers are encouraged to consult with the sources to keep abreast of current situation.

No	Myths	Facts
1	Coronaviruses will infect only white and rich people.	<p><b>It is not true.</b></p> <ul style="list-style-type: none"> <li>- COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. If anyone breath in the droplets of the infected person, he or she will be infected by coronavirus.</li> <li>- Anyone can catch coronaviruses from touching the objects or surfaces or hands that contaminated by droplets from a person with COVID-19 then touching their eyes, nose or mouth.</li> </ul> <p><b>Therefore it is important to stay more than 1 meter (3 feet) away from a person who is sick.</b></p>
2	Drinking alcohol can protect people against COVID-19.	<p><b>It is not true.</b></p> <ul style="list-style-type: none"> <li>- Drinking alcohol does not protect you against COVID-19 and can be dangerous. Frequent or excessive alcohol consumption can increase your risk of health problems.</li> </ul>
3	Coronaviruses will be killed in Jamjang during summer because of the hot weather.	<p><b>It is not true.</b></p> <ul style="list-style-type: none"> <li>- You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported many cases of COVID-19.</li> <li>- From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. To protect yourself, make sure you wash your hands frequently and thoroughly, and avoid touching your eyes, mouth, and nose if hands are not washed.</li> </ul>

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4	If you recover from COVID-19, the coronavirus will be in your body until you die.	<b>It is not true.</b> <ul style="list-style-type: none"> <li>- Catching coronavirus DOES NOT mean you will have it for life.</li> </ul>
5	Eating garlic will help prevent infection with the coronavirus.	<b>It is not true.</b> <ul style="list-style-type: none"> <li>- Garlic is a healthy food that may have some health benefits. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.</li> </ul>
6	If you are infected with coronavirus, you will die.	<b>It is not true.</b> <ul style="list-style-type: none"> <li>- Most of the people who catch COVID-19 can recover. If you catch the disease, make sure you get treatment for your symptoms at early stage. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone or go to the facility first.</li> <li>- Physical distancing and washing hands with water and soap during COVID-19 context are strongly recommended for everyone to practice at any time and every place to prevent you from infection and spread of the viruses.</li> </ul>
7	COVID-19 is a disease associated with UN, INGO and all humanitarian staff	<b>It is not true:</b> <ul style="list-style-type: none"> <li>- The virus infects anyone who contacts the infected persons through breathing or eating small droplets from the nose or mouth when a person with COVID-19 coughs or exhales that land on objects and surfaces around that persons. If you touch the said objects or surfaces then touch your mouth or pick your food to eat without washing your hands with water and soap, you can be infected. The negligence, unknowingly or without following prevention measure will increase the risk of being infected.</li> </ul>

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8	Drinking tea without sugar can cure or prevent COVID-19	<b>It is not true:</b> <ul style="list-style-type: none"> <li>- As of today, there is no proved evidence that drinking tea without sugar will prevent coronavirus infection or cured those who are infected by coronaviruses.</li> </ul>
9	You can be infected/die of COVID-19 only when God decides.	<b>It is not true:</b> <ul style="list-style-type: none"> <li>- Thou should not put God into test. Hence prevention is better than cure e.g. you cannot see a lion and yet approach it without any protective weapon; thinking God will protect (which is dangerous). A wise person foresees evil and hides himself/herself, but the foolish one pass on and become a victim (Proverb: 22: 3)</li> </ul>