Rumor Control

|  |  |
| --- | --- |
| Graphic Title | Original Post: Some of these are a few months old, so verify information before posting. |
| 5G Technology | A CLOSER LOOK AT COVID: Can 5G technology spread COVID-19? Short answer: absolutely not. Viruses cannot travel on radio waves or mobile networks, and 5G does not suppress your immune system. 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.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR1fzBSV-pMoOK1lWWCt5RmD27qsFo8Wyt2jpUP_YvM8zpsrTsQ0q1zmFUA). |
| Additional Symptoms | A CLOSER LOOK AT COVID: Is losing your sense of smell or taste a symptom of COIVD-19? Short answer: yes. Late last week, the CDC named six new symptoms of COVID-19 infection. People with COVID-19 have experienced a wide range of symptoms, ranging from mild symptoms to severe illness.  The updated list of symptoms includes: - Fever - Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - New loss of taste or smell  To learn more from the CDC, visit [https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?fbclid=IwAR3cM2hn-t6NfYuvZrCYZr-GhLbsJwjqwjXH11bG6uwGU60qtnUrc5OE7Qc). To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR2yelelkjEt-oxSQ_g1EbW-VUS2qNuUBk1qGYqwtdt41xlFxNiMPswf1eA). |
| Antibiotics | A CLOSER LOOK AT COVID: Are antibiotics effective against COVID-19? Short answer: no. Antibiotics attack bacteria by preventing them from reproducing. COVID-19 is caused by a virus which has no vaccine or proven treatment available. Antibiotics like azithromycin may be effective in treating bacterial infections that are caused by COVID-19 complications, but they do not directly attack the COVID-19 virus. As always, antibiotics and any other medications should be used only at the direction and advice of medical professionals.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR3xHZ_qPwjz8h1JFv7d4g1YZSiQ8C4TE_4BMw5w593fiA8ygSjheD6Th28). |
| Chloroquine Phosphate | A CLOSER LOOK AT COVID: Does the chloroquine phosphate I can purchase online treat COVID-19 symptoms? Short answer: definitely not, please don’t ingest non-prescription chloroquine phosphate. Chloroquine phosphate, when used without a prescription and supervision of a healthcare provider, can cause serious health consequences, including death. Currently, chloroquine phosphate is being studied and evaluated as treatment for COVID-19 and was just approved by the FDA this week under emergency authority for short-term use by doctors to treat COVID-19 patients. Our team urges patients to proceed with caution before believing rumors like this one related to COVID-19.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR1kFLL3-0vNQp8U9AEEGh3OFB_MlkgGb_0U0SpCgx3kdq07nyw-kxlBqSw). |
| Cloth Face Coverings | A CLOSER LOOK AT COVID: Did you know cloth face coverings are not meant to protect the wearer, but rather entire communities? It's true. Cloth mask is a way to contain respiratory secretions right at the source. They are meant to serve as a complimentary measure as we continue social distancing, good hygiene and enhanced cleaning efforts.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR2rP2Mrgsz95UvKFAMvbtATt2B6Q5AEqyZLgoECd21xjJT5Ox_T-wqrCYQ). |
| Contact Lenses | A CLOSER LOOK AT COVID: Is it true that I shouldn't wear glasses instead of contacts to protect my eyes from COVID-19? Short answer: contacts are still safe to wear, but it may very slightly reduce your chances of being infected. The American Academy of Ophthalmology pointed out last week that wearing glasses may act as a literal shield between your eyes and respiratory droplets from a contagious individual. It may also discourage you from naturally touching your eyes, which has been a primary hygiene recommendation from experts for months. However, Missourians should not be afraid to wear contacts as prescribed by their optometrist.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR2XivDL6IipjvqVhEeV76B78sDXDpc0WUCkOuizrEZupR_6w5SOYc6oVgI). |
| Emergency Rooms | A CLOSER LOOK AT COVID: Are emergency rooms still safe? Short answer: yes, if you are experiencing a health emergency, we urge you to head to the emergency room. Your experience may look a little different as hospitals and emergency rooms implement social distancing measures, but you should not be afraid to seek emergency medical care.  To view the Show Me Strong website, visit [ShowMeStrong.Mo.Gov.](http://showmestrong.mo.gov/?fbclid=IwAR19m4YZR9VFelUlUxvdjgR7Yt0WVTZXQ3eg-2jJqLoF02cbQDpkTbCfuMA) To see what you can continue to do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR2xEE_kMLP8jlVfm8RMAZKaIv08_7GarcDt33hoYO9E7mFp-IFSGAQzNJ8). |
| Flu Shot | A CLOSER LOOK AT COVID: Is it true that patients who had a flu shot have been receiving false positive test results. Short answer: absolutely not. A history of receiving the influenza immunization does not make patients more likely to test positive for COVID-19. The flu vaccine doesn't include any of the coronaviruses and doesn't create any "viral interferences" for COVID-19 patients.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR0dwNhHau-hQ3JO5eZBNJFsnuLttnX9sJHvg_iFDm4kwOP0x2SvrMPB8T8). |
| Hand Dryers | A CLOSER LOOK AT COVID: Are hand dryers effective in killing COVID-19? Short answer: no. Hand dryers, like those found in public restrooms, are not effective in killing the coronavirus. To protect yourself and others, you should frequently wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol. To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR2qkHP0b-H3gcNxTiNvRYew7rxsuIaIs-0xLgplSVNpU7GRMXFq3z5ouaQ&h=AT1IctGzT98b-VIyxNFxqegtwuq9F7JwaEQ_Q8hEW_mNZeeAp5D_zX2dZXfs8QvJZ40SmzsXevFn0vlgUbFwhuAmhpW-6rSNdDj--k4V6k1coDGFRW2gacFRPCKO3A9lxGrlHsg). |
| Incubation Period | A CLOSER LOOK AT COVID: Is it true that it may take days for COVID-19 patients to develop symptoms? Short answer: yes, it is true. The incubation period of COVID-19 is believed to be between 1-14 days, with the median number of days being 5. This doesn't necessarily mean that patients are always contagious prior to showing symptoms, but pre-symptomatic contagious patients are being observed in some communities. This is why it's so important for us all to stay home when possible.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR0CCR4L_KgUJhoLRMlY4ODbYg9DoG0ujGXSF8PVxRUeJhV8rveBWr0oxxo&h=AT04hLBtCG7Hf9qPDlbfFscLSilcOJNImDBgaZBN1xJAeschttJdeoV4OH_CdHGEWDxkUYrGBatbZQEkTa3U5z2qIoNfFeo96jtOXhqVpIYF9lL3PnPy8hEWG5hy5Z6wXxWOiTg). |
| Mail and Packages | A CLOSER LOOK AT COVID: Is it true that I can get COVID-19 from mail and shipped packages? Short answer: it's unlikely. Although the virus can survive for a short period on some surfaces, it is unlikely to be spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR0QZBs5gvVr4c4YG8865zldnTZkrExxmBVZLwAeY5cvD8u5OKo81h3oxEo). |
| Pain Relievers | A CLOSER LOOK AT COVID: Is it true that ibuprofen makes COVID-19 symptoms worse? Short answer: no. Physicians around the world have questioned the claim that ibuprofen is dangerous for coronavirus patients. Ibuprofen is an effective pain reliever, fever reducer and anti-inflammatory that has been available for decades and is still supported by the [World Health Organization (WHO)](https://www.facebook.com/WHO/?__tn__=%2CdK%2AF-R&eid=ARDFkphU8l1ilezYFbqIdsKSHVcFSHyWQDIibomzFhPwsf-PI7LoC-KfdKXBP1EJ9_xK0ITjHyl-JpQT). As always, if you have questions or concerns, we encourage you to reach out to your healthcare provider for advice.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR2yCWc4KSzMcs1lCpCnKCtp_YRDWbLiAA9WQeRBNjV-ipTSsY9i32aNvvk&h=AT0F0aG-uYE6uVqvVAm599Me8gDkaS36qMPqY4r1crS_piDuv1wX_O5xnXdF2qp_YuXaU2MnmwB1jQlgojsIMFWjb67TL4QXPMBlNDNdDLdihfp6bTEnVz14x953R8P6wbYTafs). |
| Pets | A CLOSER LOOK AT COVID: Can my pets get infected with the COVID-19 virus? We are still learning about this virus, and it appears that in some rare situations, people can spread the virus to animals. Some infected animals may become sick while others do not. [CDC](https://www.facebook.com/CDC/?__tn__=%2CdK%2AF-R&eid=ARDYRrps_B9Td9b7-VzjbZmnBJXYCUJ3Gqw7HaXcwH22TIByVKawoDnINQkwSN3NokBm7RlTNodPVZE1) is not aware of any animal deaths in the United States due to infection with this virus. At this time, the risk of animals spreading COVID-19 to people is considered to be low. Currently, the CDC, [U.S. Department of Agriculture](https://www.facebook.com/USDA/?__tn__=%2CdK%2AF-R&eid=ARDWeLKlm5uJ3MsEM031ugewi3fawvZ5631TUGxD7rxIcCIP8DbV3vH2pBsKb5h-YE53a5JnMAo2iMb_) and [American Veterinary Medical Association (AVMA)](https://www.facebook.com/avmavets/?__tn__=%2CdK%2AF-R&eid=ARBsF1NDfPRgLTJLPl124oNisTcdfqBsikuyy2QQdBGyrAmn46EuCVo4mNUSfZICvvvMZkSNxUWTMfXo) agree there is no need to routinely test companion animals for COVID-19.  If you are sick with COVID-19, it's important to practice good hygiene, like handwashing, when interacting closely with your pets or other animals, just as you would when interacting with people.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR3yYbgvW2g4382P6ngbnnjvo84N8c8JjtfBH-3-RzdCjqbnQHBCKMHLGzA&h=AT3ohx3KMkuPC8KgfpZVlAwszwVttTAWLjYT58v7TtMgvnLVSGQXgeT9QAJmQmYPa7h0JJP18nQ2K9BVnraQXseRSdJJ44y1GDMl8-mbr_DRnrty157bV-DGW3GxSXbrQE6OyoA). |
| Pneumonia Vaccine | A CLOSER LOOK AT COVID: Do pneumonia vaccines protect against COVID-19? Short answer: no. It is possible that COVID-19 patients will have secondary complications like pneumonia; however, the vaccines for those infections are not effective in preventing the novel coronavirus from infecting patients. COVID-19 is new and different from other viruses, so it will need its own vaccine.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR37ZhB6N4tahCbzbBPdRtsEZiIum-ceRDsnCS393OR0j92vbY6Xn-PkuFo&h=AT0A_ttLTpGW9e0oNkiCoqyGGCjlr4hzBev7EMXTTOwFSJUe-cJgRbH4_dtTVQ-KwUKn3kE13IcttYkAwJZQi4VnkvulQ67lW4Cyx4YTB55psX38sbOw6jatD9TpbTGiu3Bw040). |
| Salt Water | A CLOSER LOOK AT COVID: Is it true that gargling salt water, vinegar or mouth wash will protect me from COVID-19 infection? Short answer: no. Out of all the rumors we've seen online related to COVID-19, this one is the furthest from reality and is not supported by any medical evidence. Save yourself some time and focus on other hygiene efforts like washing your hands frequently, avoiding touching your face, eyes and mouth, and practicing social distancing.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](https://l.facebook.com/l.php?u=http%3A%2F%2FHealth.Mo.Gov%2Fcoronavirus%3Ffbclid%3DIwAR2N8sReHgM4QvNsnJSb_PWmq8vfyn-weTDCfSjvay0764nIwGcf1l0FyI0&h=AT3kUrXqnV9TGJqUFs5Vw8sC4zS1aAXODv47_SEnbPRmBgADNd2hzv-5TWG4XOMQwarsIm9_FCvxZiFhg6ICsdV_Ukm-kufMkXaBN91jILXflkZZaGuqKi9z0yz0TFoUdrMkHjQ). |
| Silver Products | A CLOSER LOOK AT COVID: Does silver help develop immunity from or treat COVID-19? Short answer: absolutely not. This may seem like old news, but it is worth repeating. Don't let fraudulent marketers convince you that silver products can treat or otherwise prevent coronavirus from infecting you.  To view the Show Me Strong website, visit [ShowMeStrong.Mo.Gov.](http://showmestrong.mo.gov/?fbclid=IwAR2v5a27y59wiISamU0zBDC78zhYUCG4klY-cczbgbtR_181s5gUMFSNbIE) To see what you can continue to do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR0zHR2BRjbJg-n15h7UcaXQQrOjS0sNhp97pmG19TPvkn7gFs5r1r9e8WI). |
| Surface Viability | A CLOSER LOOK AT COVID: How long does coronavirus live on surfaces? Short answer: research on the virus' surface viability is brand new. Survival of COVID-19 on surfaces appears to behave like other coronaviruses. Initial studies suggest it can survive on surfaces for at least a few hours, and may survive on plastic, glass and metal for several days. Although the survival length varies under different conditions (temperature, humidity and surface type), it is a good reminder to all Missourians to regularly clean and disinfect high-touch areas like doorknobs, handles and countertops.  To learn more about Missouri’s COVID-19 response efforts, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR12lDOtyNwoyiQZVQ0x3bVkTJV0Xu4zeoLfTc_Xow2FYAY0oITq10qQJaw). |
| Zinc Supplements | A CLOSER LOOK AT COVID: Can taking zinc supplements lower your risk of contracting COVID-19? Short answer: there is no research on its effectiveness. Random trials have shown that zinc supplements can reduce the risk of certain acute respiratory infections and shorten flu-like symptoms. However, there is no data on the effectiveness of zinc supplements reducing the risk or severity of COVID-19.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR1u3dqetFMtByLvn5WwzQ9vNM9jqgow5bUllh5_8UPtAW-YgFHYrsfaXN8). |