X Myth: Wearing gloves and a mask in public can keep you fully protected.
✓ Fact: Protective equipment helps, but all it takes is touching one contaminated surface to get virus on your gloves or mask.¹

X Myth: Gargling warm salt water will kill the virus in your throat if you’re infected with COVID-19.
✓ Fact: While gargling warm salt water will make your throat feel better, it cannot kill the virus. It would take water close to boiling temperatures to kill the virus.²

X Myth: The COVID-19 virus can be killed in your sinuses by directing hot air from a hair dryer up your nose while spraying cool water on your face.
✓ Fact: There’s no science behind this home remedy from a video being passed around. The COVID-19 virus is killed at temperatures above 150 Fahrenheit, which would harm your sinuses before killing the virus.³

X Myth: COVID-19 is caused by 5G networks.
✓ Fact: The cause of this disease is the virus known as SARS-COV-2. 5G networks are electronic and have no correlation to viruses that affect humans.⁴


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