



# MYTHS AND REALITIES ABOUT THE CORONAVIRUS

(COVID-19)

## MYTH:



**YOU MUST  
WEAR A MASK**  
at all times.

## REALITY:



For now the best measure you can take is  
**TO ABIDE BY THE WASHING  
OF HANDS AFTER YOU  
SNEEZE PROTOCOL.**

Remember that hand washing duration  
Should be 30 seconds or however long  
it takes to sing Happy Birthday twice.

## CONCLUSION:

There are more myths than you think, the healthiest thing to do is to stay informed and always abide by the hand washing and sneezing protocols.