

**Facts about COVID-19**

1. COVID-19 can spread through the air. This is why it is important to wear a mask, keep a distance from others, and try to meet outside where possible.
2. Washing your hands with soap and water kills the COVID-19 virus on your skin. This stops you from getting the virus inside your body when you touch your face.



**Best things to do to prevent the spread of COVID-19**

1. **Wear a facemask**, particularly when you are inside
2. Where possible, **keep a distance of 2 meters** from others, particularly when you are inside
3. If you can, have meetings and **conversations outside**
4. If you must be inside, **open doors and windows** to let air pass through
5. **Wash your hands** with soap and water when possible - soap kills the virus on your skin
6. **Avoid touching your eyes, nose and mouth** with unwashed hands
7. **Stay physically active and fit**, so that if you do get the virus you have the best chance of fighting it off

**Common MYTHS about COVID-19**



**Only old people are at risk of COVID-19**  
Truth: while old people are more likely to die from COVID-19, younger people can also get very sick and die from it, particularly if they are overweight/fat

**Garlic, ginger and lemon can heal/treat COVID-19**  
Truth: once you have COVID, the only treatment if the illness gets bad is to use a machine called a ventilator to help the patient to breathe. Taking garlic, ginger and/or lemon will not cure you of COVID.

**Common questions about COVID-19**



**Where did COVID-19 come from?**  
Answer: It came from a place called Wuhan, in China. The virus jumped from an animal called a pangolin to humans.

**Do you have to use a certain kind of soap to kill COVID-19?**  
Answer: No, any soap will kill the COVID-19 virus, soap destroys the outside layer of the virus, killing it.

**Can sharing things like clothes spread the COVID-19 virus?**  
Answer: No, as long as you wash things between different people using them, you won't get the virus this way as soap kills the virus.

**Spraying alcohol or chlorine on the body can kill the virus inside the body**  
Truth: while washing your hands with chlorine mixed with water can kill the virus on the skin, once it is in the body it is not possible to kill it.

**COVID-19 is just something we have to live with, like Malaria or HIV - wearing masks is pointless**  
Truth: While we may have to live with COVID-19 for some time, we still do things to prevent the spread of Malaria and HIV so we should also do things to prevent the spread of COVID-19.



**Social media** is full of inaccurate information about COVID-19. Before you believe something on social media, and before you share it, think:

- Where is this information coming from, is it trustworthy?
- Have I read all of the information before sharing it?
- Is there any way I can check the facts?
- Could I ask a trusted adult to check if this is true?