



مستشفى الملك فيصل التخصصي ومركز الأبحاث  
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# Beliefs about COVID-19 Facts and Myths (1)



- ✘ Isolation is only for people confirmed to have COVID-19.

All individuals who show respiratory illness symptoms or have been exposed to a COVID-19 positive individual, should wear a face mask, isolate themselves, adhere to cough and sneeze etiquette and immediately contact the MOH at #937. ✓



- ✘ Young people are safe from COVID-19.

All age groups can be infected. However, symptoms could be more severe in people with chronic diseases like heart disease, kidney disease, liver disease, diabetes and asthma. Symptoms could also be more severe in people older than 60. ✓



- ✘ Too much hand washing may cause severe dryness and skin cracks that could harbor COVID-19, thereby increasing the likelihood of infection.

COVID-19 is not transmitted through skin contact. However, it is transmitted through sprayed droplets when sneezing/coughing and touching the face with contaminated hands with virus-infested droplets. ✓



- ✘ High intake of fresh juices, garlic, onion, fennel flower and natural honey help protect against COVID-19.

All the above-mentioned foods help boost the immune system but do not protect against COVID-19. ✓