

COVID-19:

Myth vs. Facts

MYTH	FACT
Masks do not protect against COVID-19.	Masks are highly effective in stopping the spread of COVID-19. Not only do they keep you from unknowingly spreading the disease, but they also protect you from infection.
COVID-19 is just like the flu.	COVID-19 is not the flu. Some may only experience mild, flu-like symptoms, others may experience severe symptoms, especially in older adults and those with underlying health conditions. There is no way to know how COVID-19 will affect you, even if you are not at high risk.
Young people can't get the virus.	Anyone can get COVID-19, regardless of age. While older people and those with underlying health conditions are at higher risk of severe complications and death, younger people can still become seriously ill or even die.
If I had COVID-19, I can't get it again.	There's still a lot that's unknown about the virus, but there have been cases of people testing positive weeks or months after recovering. Immunity without a vaccine is not guaranteed, so make sure to wash your hands, social distance and wear your mask.
COVID-19 is not real and is a hoax.	COVID-19 is very real. It has and can affect anyone, regardless of age or medical history. Those that have recovered from severe COVID-19 may still face long-term complications caused by the virus.