



The Straight Scoop on Garlic, Mosquitos and Other Coronavirus Myths

Why do I have to keep wearing a mask in the summertime? Ugh its uncomfortable! Doesn't hot weather and sunlight kill the coronavirus germs?

COVID-19 has already spread in parts of the world that are experiencing hot weather, such as the Caribbean. The World Health Organization notes that the virus can be transmitted in "ALL AREAS, including areas with hot and humid weather."

We don't know how much sun exposure would be necessary to kill the virus and it's unlikely that it would interrupt person-to-person transmission of the virus. Without social distancing and safety measures, this summer likely will offer only a modest respite from the virus.

OK, so if I have to wear a mask, does it matter how I wear it? It's so hard to breathe when it's over my nose.

The reason to wear a mask is to protect others, in case you are have coronavirus but don't have any symptoms. It keeps you from spreading it by coughing or sneezing.

With that in mind: COVER YOUR NOSE. Have you seen the inside of a tissue after you blow, friends? Nasty droplets and a lot of germs come from there, too. The mask should cover your face from the bridge of your nose to under your chin.

What about gloves? I see a lot of people wearing them at the grocery store.

Our WellSpan workers routinely wear gloves to protect themselves while caring for people with infectious diseases. They change them frequently, because they become contaminated. Wearing gloves to go grocery shopping does not provide substantial protection. They may rip or break and become covered with germs.

Diligently wash your hands for 20 seconds when you get home instead. Frankly, we're a little tired of singing "Happy Birthday" twice and have been favoring the chorus from "Africa" by Toto. We hear people like the chorus from "Jolene" too. Try whatever makes the time fly.

Speaking of the grocery store, do I need to scrub down my groceries when I get home? And how about the mail?

The FDA says there is no evidence of food or food packaging being associated with the transmission of COVID-19. Simply wash your hands diligently, after handling groceries or the mail.

I hear a lot of stuff about coronavirus and see a lot of things on social media. It's hard to know what is true and what isn't. Are there a lot of myths?

We're so glad you asked! There's a lot of goofy information flying around.

Here's some straight scoop on coronavirus:

- **Drinking alcohol doesn't protect you against coronavirus.**
- **Adding pepper to your soup doesn't either.**
- **Nor does eating garlic.**
- **It's not transmitted by houseflies or mosquitoes.**
- **You can't get it from your dog or your cat. The CDC notes: "The risk of animals spreading COVID- 19 to people is considered to be low."**
- **Sunbathing doesn't prevent you from getting it. (Don't forget the sunscreen, friends).**
- **Being able to hold your breath for 10 seconds without coughing or feeling uncomfortable does not mean you don't have coronavirus. (It does come in handy when you drive past some of the farm fields around here, however.)**

Wow. So, if garlic and sunbathing doesn't protect me, what does?

- **Practice social distancing.**
- **Wear a mask when you can't social distance.**
- **Wash your hands.**
- **Avoid touching your face.**
- **Clean high-touch surfaces regularly.**