

# COVID19

# Myths *-Versus-* Facts



**Myth:** If I am asked to quarantine but test negative for COVID19, I can stop.

**Fact:** Even if you test negative or feel healthy, you should quarantine because symptoms can take up to 14 days to appear or for the virus show up on a lab test.

**Myth:** Having COVID19 is just like having the flu.

**Fact:** COVID19 can cause some flu-like symptoms. However, COVID19 is more serious and has a much higher mortality rate than the flu.

**Myth:** If I have COVID19, I'll know it.

**Fact:** While some people get very ill with COVID19, others have no symptoms at all. People without symptoms can pass the virus that causes the disease on to others.

**Myth:** If someone I have been around gets COVID19, I will get a call from a public health worker asking very personal questions.

**Fact:** If you have been in close contact with someone who has COVID19, you will get a call from public health. But you will not be asked very personal questions. The point of the call is to make sure you know you were exposed, check on your symptoms, help you avoid exposing others, and answer your questions.

**Myth:** I won't catch COVID19 if I don't spend a long time next to someone who has it

**Fact:** The longer you are around someone with the virus, the higher your risk of catching it. However, to catch the virus, you need only to inhale the person's infected respiratory droplets, which can happen regardless of the amount of time you are together.

**Myth:** Young people do not get COVID19, only older people and people with medical conditions are at risk.

**Fact:** Older adults and those with medical conditions are at higher risk. But anyone can get sick and symptoms can range from mild to severe regardless of age or medical conditions.

**Myth:** If I and everyone around me is wearing masks, there's no need to practice social distancing

**Fact:** Face coverings are not a replacement for social distancing. Always keep 6 feet of distance between yourself and others AND wear a face covering whenever you are outside your home.

**Myth:** Face coverings do not block COVID19.

**Fact:** Coverings stop droplets that carry virus from traveling and floating in the air. They also stop the momentum of droplets so they can't travel as far when exhalation is blocked by a mask.

**Myth:** If I am outdoors, I don't need to practice social distancing.

**Fact:** You are less likely to catch COVID19 in open areas, but it is still important to stay 6 feet away from others. People with no symptoms can spread respiratory droplets even outside.

Visit [www.marionpublichealth.org](http://www.marionpublichealth.org) for more information on COVID19

