

COVID-19 VACCINES

Debunking the Myths

Vaccine Myth

Vaccine Fact

The vaccines were rushed and they aren't safe

Vaccines approved by Health Canada are backed by data demonstrating their safety, efficacy and quality

The vaccines can give you COVID-19

The vaccines cannot give you COVID-19 they do not contain a live virus strain

The vaccines contain egg proteins

The vaccines don't contain egg proteins and can be given to people with egg allergies

The vaccines cause severe side effects

The vaccines are all safe. Most side effects are mild and will resolve within a few days on their own.

The vaccines can make women infertile

There is no evidence that the vaccines cause infertility

Natural Remedies for COVID-19 Symptoms

- **Dyspnea** If you are having symptoms of dyspnea (difficulty breathing), schedule an appointment with your doctor. They may recommend that you lie prone, or face down, rather than flat on your back.
- **Short of Breath** If being short of breath makes you anxious, your doctor may advise breathing exercises that can help. UC San Diego Health created a short video that details how to perform a simple breathing technique to help with COVID-19-related stress.
- **Cough** For help managing a cough, try cough drops, Vicks VapoRub, and hot water or hot tea with lemon.
- **Dehydration** To reduce the risk of becoming dehydrated, drink fluids regularly and keep eating. Aim for about 64 to 70 ounces of water every day. If you are sweating a lot from a fever, you may want to supplement water with an electrolyte-containing sports drink, such as Gatorade, according to Geisinger Health System.
- **Eating** To make eating easier, opt for foods that are easy to digest and relatively bland such as chicken noodle or vegetable broth soup, avocados, or toast. While loss of taste and smell can make food unappetizing, good nutrition will aid your recovery.

For More Information:



1-833-784-4397



[canada.ca/coronavirus](https://www.canada.ca/coronavirus)

MYTHS ABOUT COVID-19



Islamic Foundation of Toronto and Social Services Network Collaborative



Funded by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

MYTHBUSTERS

FACT: Hand sanitizers can be used often

An alcohol-based sanitizer does not create antibiotic resistance. Unlike other antiseptics and antibiotics, pathogens (harmful germs) do not seem to develop resistance to alcohol-based sanitizers.

FACT: Touching a communal bottle of alcohol-based sanitizer will not infect you

Once you've sanitized your hands, you have disinfected them from any germs that may have been on the bottle. If everyone uses sanitizer in a public place such as a supermarket entrance, the risk of germs on communal items will be lower and will help keep everyone safe.

FACT: People of all ages can be infected by the COVID-19 virus

Older people and younger people can be infected by the COVID-19 virus. Older people, and people with pre-existing medical conditions such as asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

FACT: Antibiotics CANNOT prevent or treat COVID-19

Antibiotics work only against bacteria, not viruses. COVID-19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment.

However, if you are hospitalized for COVID-19, you may receive antibiotics because bacterial co-infection is possible.

FACT: It is safer to frequently clean your hands and not wear gloves

Wearing gloves risks transferring germs from one surface to another and contaminating your hands when removing them. Wearing gloves does not replace cleaning hands. Health workers wear gloves only for specific tasks.

FACT: The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

FACT: Water or swimming does not transmit the COVID-19 virus

The COVID-19 virus does not transmit through water while swimming. However, the virus spreads between people when someone has close contact with an infected person.

FACT: The COVID-19 virus can spread in hot and humid climates

The best way to protect yourself against COVID-19 is by maintaining physical distance of at least 1 metre from others and frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT: Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

FACT: Catching COVID-19 DOES NOT mean you will have it for life

Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover thanks to supportive care.

FACT: The likelihood of shoes spreading COVID-19 is very low

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

FACT: Alcohol-based sanitizers can be used in religions where alcohol is prohibited

Any manufactured substance developed to alleviate illness or contribute to better health is permitted by the Qur'an, including alcohol used as a medical agent.