Debunking the Most Common COVID-19 Myths

Scientists and experts worldwide continue to be hard at work understanding the COVID-19 virus and developing even more COVID-19 vaccines for public use. While the COVID-19 virus is new, much has been learned about how it spreads over the last year. Check out the most common COVID-19 myths below and share them with a friend!

Wearing a mask does not stop the spread of COVID-19.

False. While there was some initial concern about the effectiveness of face masks early in the pandemic, the CDC recommends wearing a face mask when in public settings and around people who do not share a household with you. They work by providing an extra layer over your mouth and nose to help prevent infected respiratory droplets from traveling in the air and infecting yourself or others.

COVID-19 is just like the seasonal flu.

False. While the COVID-19 virus and the flu share many symptoms, they are not the same illness. COVID-19 seems to spread more easily than the flu and causes more serious illnesses in some people.

For reference, there have been more than 425,000 deaths related to COVID-19 complications in the U.S. so far. During the 2019-2020 flu season, there was between 24,000 and 62,000 flu-related deaths.

The virus can only spread through direct contact with other people (i.e. hugging, kissing, shaking hands, etc.).

False. The virus can be spread by touch, but it mainly spreads through respiratory droplets or small particles produced when an infected person sneezes, coughs, sings, talks, or breathes. Therefore, the CDC recommends wearing a mask that covers your nose and mouth when in public, limiting large gatherings, and remaining at least six feet away from others when possible. It's also important to frequently wash your hands with soap and warm water or hand sanitizer and avoid touching your eyes, nose, or mouth.

The warm weather of the upcoming spring and summer months will stop COVID-19 from spreading.

False. There is currently not enough known about the effect weather and temperature have on COVID-19. Additionally, there is not enough evidence to confirm that the spread of COVID-19 was reduced during the summer months of 2020.

People who are young and/or healthy don't need to worry about COVID-19.

False. While it has been shown that those who are healthy generally suffer fewer complications related to COVID-19, it is still possible to experience serious complications and illness, even death, as a young or healthy person.

Likewise, those who are otherwise healthy may unintentionally spread the virus to family members and other loved ones who *are* prone to COVID-19 complications. This is especially likely if you are asymptomatic, meaning you are not showing any signs of being sick while still having the virus.

Children cannot get COVID-19.

False. Children can be infected with the COVID-19 virus and can get sick with COVID-19. While there have been fewer children sick with COVID-19 compared to adults, they are also more likely to have mild symptoms or be asymptomatic. But they can still transmit the virus to others even without showing any symptoms.

I've already gotten COVID-19 once, which means I can't get it again.

False. There is some natural immunity that occurs after a body fights off a virus, but it is not permanent. This means that those who have already had the virus can get re-infected and should continue to exercise all safety protocols to keep themselves and their loved ones safe.

The COVID-19 vaccine can potentially give me COVID-19.

False. The vaccines being produced now will not have any COVID-19 virus in them and therefore cannot give you COVID-19. Some people experience side effects after receiving a vaccine (including the flu vaccine and the COVID-19 vaccine), but these side effects are not the virus; they are your immune system building an immunity to COVID-19. It is impossible to get the COVID-19 virus from the COVID-19 vaccine.

The COVID-19 vaccine will be used to put a microchip in my body.

False. Vaccines are not and have never been used to put nanotechnology into your body.