

Covid-19

Myths V Reality a Dialogue with Dr Neeraj Tulara

A Think Tank Featured Insight

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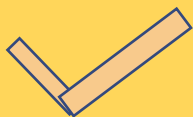


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MYTH

Homeopathy medicine can prevent Covid-19 as it enhances immunity



Nothing can prevent Covid-19 as of now except for standard precautions like wearing a mask and taking care of hand hygiene

WELCOME TO REALITY



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Taking steam twice a day can paralyze the virus in the nostrils and you can stay protected

Taking steam is not harmful as it will clean your nasal passage. However it will not kill any virus present in the nasal passages



Yes, but taking steam gives a better and clean nasal airway to protect one from multiple infections which comes through air including Covid 19





MYTH

Vitamin C and Zinc drinks can help you stay safe



Enhance Immunity

Not Prevent Covid

Certain vitamin c and zinc have shown some benefit in fighting Covid 19 infection and enhancing recovery post Covid. It will only enhance immunity, it does not prevent Covid or any other type of cold infection



Prone to Covid-19

MYTH

People over 60 years have to be careful as Covid 19 affects them



On an average, people of over 55 years of age have co-morbid infections like diabetes, chronic heart and kidney disease and are at a higher risk of contracting Covid 19

WELCOME TO REALITY

But it does not mean the younger people are not prone to Covid. The key is to take precautions, irrespective of age.





MYTH

Eat garlic and ginger and be safe



Enhance Immunity

Not Prevent Covid

Ginger and garlic have anti-infective properties and have proven to increase immunity, however eating ginger and garlic would not prevent Covid infection. Hence standard precautions are to be taken.

WELCOME TO REALITY

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Raw



Cooked

MYTH

Vegetarians are less likely to get Covid-19

No such evidence that the type of food one eats has anything to do with Covid 19. One must make sure to boil and cook it well. If one eats good, healthy and hygienic food, whether veg or non-veg, it will not increase or decrease the risk of Covid 19



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MYTH

Take a shot of MMR and even if you are infected by Covid, you won't suffer for more than 2 days

Shown a lower rate of Covid Infection

Prevents against Measles, Mumps and Rubella

Cannot say with conviction, that it prevents or cures Covid-19

MMR Vaccine and flu vaccines have been linked with the Covid-19 infection but are not effective against it. For countries following the MMR Vaccine program have showed a lower rate of Covid-19 infection.

However, no direct link has been established to show that MMR prevents and cures Covid-19



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Asymptomatic with a Good Lung Capacity
Does not rule out Covid

MYTH

If you can hold your breath for 10 seconds without discomfort, it means you don't have Covid

Covid 19 infection mainly affects the lungs. Almost 80% of the patients are asymptomatic, and do not have any changes in lungs. So, holding your breath for 10 seconds indicates that your lung capacity is good but does not rule out Covid19 infection

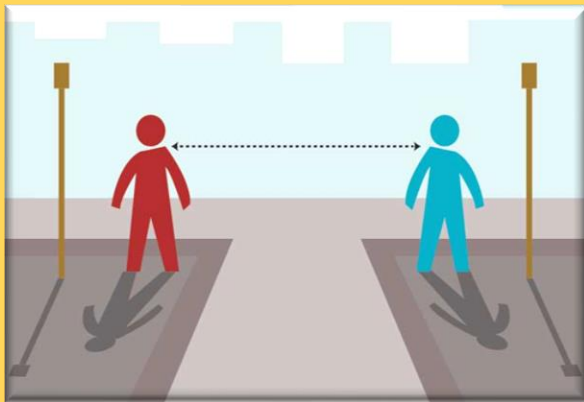


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Wearing a mask while exercising is essential



People should not wear masks while exercising as the mask may reduce the ability to breathe comfortably, sweat can make the mask wet quickly leading to the growth of microorganisms.



Maintaining physical distance from others is the only preventive measure that can be followed while exercising.

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MYTH

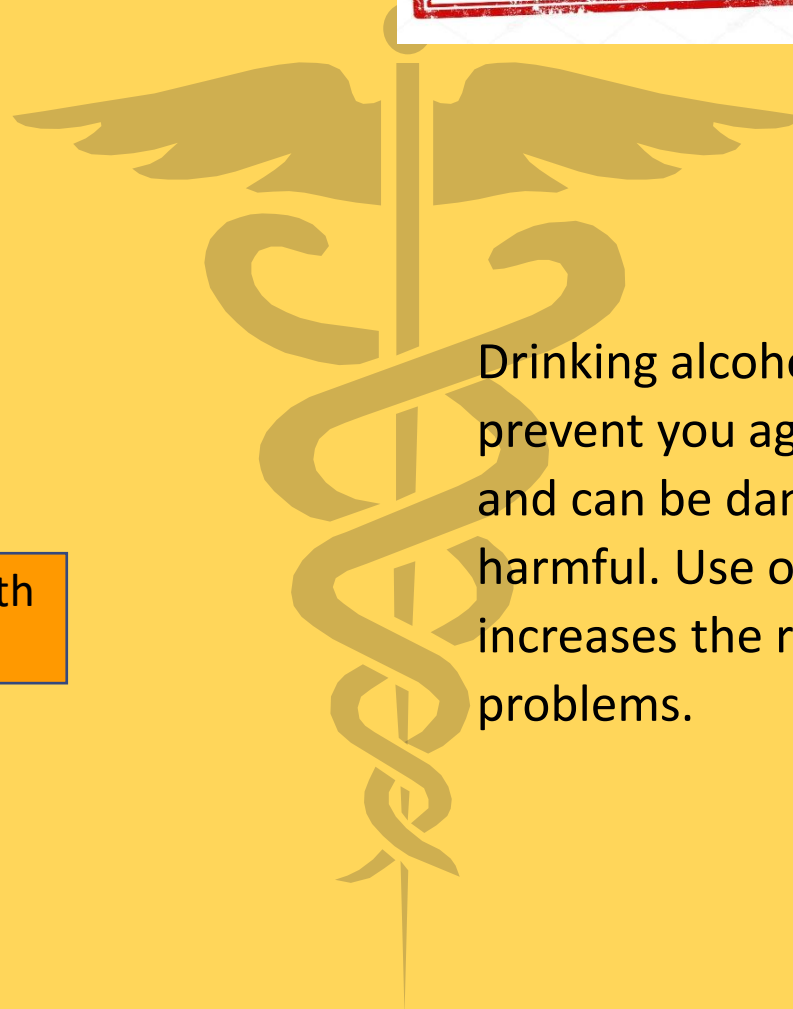
Drinking alcohol can prevent from Covid 19



Cannot Prevent Covid

Risk of Health Problems

Drinking alcohol does not prevent you against Covid 19 and can be dangerous and harmful. Use of alcohol increases the risk of health problems.





MYTH

Thermal scanners can detect Covid 19



Detect Temperature

Not Detect Covid

Thermal scanners are effective in detecting people who have fever, however it cannot detect if one has Covid-19





MYTH

Hydroxychloroquine can prevent the Covid infection



No proof of prevention against Covid

Can cause side effects or death

With several drugs in the trial phase, there is currently no proof that hydroxychloroquine can prevent or cure Covid infection. Misuse of the same can lead to side effects and even death.





Clothes coming from the laundry
can be kept away for at least 24
Hours
They do not spread Covid-19

MYTH

Clothes coming from laundry
can spread Covid 19

If one has given clothes for
ironing and laundry to an
outside person, we can
leave them for 24 hours
after collecting from laundry
and then use it.



A word about



the Author

Dr Neeraj Tulara, did his graduation from SMS Medical college, Jaipur, Rajasthan then he moved to Mumbai in the year 2000, Did his post graduation in Internal medicine from Jaslok Hospital, Mumbai in 2004. He did his post graduate diploma in Infectious disease from Australia in the year 2015.

He worked in Holy family hospital, Nanavati hospital before joining to Dr L H Hiranandani hospital in 2013. He is working here as Physician and Infectious disease specialist since last 7 years and working in the Covid team as a front line warrior since last more than 5 months.

He is a editor for SM tropical journal, Biomedical sciences USA and reviewer for Annals of internal Medicine, USA and many other journals. He has published various scientific articles in various national and international indexed journals.

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