

MYTHS & FACTS

Keeping yourself and your community safe and healthy



MYTH: I NEED A MASK

The CDC and WHO do NOT recommend the use of facemasks for the general public to prevent the 2019 novel coronavirus (2019-nCoV).



Instead:

- Avoid close contact with sick people.
- Clean and disinfect objects and surfaces that may have germs.
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer if soap and water are not available.

Adapted from cdc.gov

FACT: YOU CAN MAKE A DIFFERENCE



Simple tasks like hand-washing, getting a flu shot, and staying home when you are sick can make a huge difference.

- Don't return to class or work until you have been fever-free without fever-reducing medication for 24-hours.
- Cough and sneeze into a tissue and then wash your hands.
- Call your physician if you are having flu-like symptoms for a professional consultation.

MYTH: THERE ARE GOOD REASONS TO BE WARY OF THE VIRUS AND PEOPLE FROM AFFECTED REGIONS

Some anxiety is natural during a new public health event, especially when there are many unknowns. Taking care of each other becomes just as important as taking care of ourselves. Do not make assumptions about others based on perceived symptoms or racial and ethnic characteristics. Your care, compassion, and empathy for each other makes a difference.



Adapted from Cornell University

FACT: MISINFORMATION IS LIKE A VIRUS



Check your references and your assumptions. Look to University correspondence, CDC guidance and other reputable online resources. Question whether your concerns are rooted in facts, myths, or personal ideologies.

We are continuing to update information and collect resources on the Hub. We also encourage anyone feeling anxiety or stress to access university mental health resources. Students can find those resources at wellness.jhu.edu or get in contact with their school's student affairs office. Staff can use the mySupport program.

University updates can be found at <https://hub.jhu.edu/novel-coronavirus-information/>