



# COVID19: Myths and Realities

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# Myths or Facts

- Thermal scanners can diagnose coronavirus
- Shoes can spread disease
- Exercise and masks
- Face masks always protect against coronavirus
- Will most people who get COVID-19 get very sick or die?
- Can you always tell if someone has covid-19?
- Can covid-19 spread in warm sunny weather?
- Ordering or buying products shipped from overseas will make a person sick.
- Taking a hot bath can prevent the new coronavirus disease.
- Children cannot get covid-19
- There are currently no drugs licensed for the treatment or prevention of COVID-19
- Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort means you are free from the coronavirus disease (COVID-19) or any other lung disease.

# Misinformation

- ❖ virology and virality: not only did the virus itself spread very rapidly, but so did the information—and misinformation—about the outbreak and thus the panic that it created among the public.
- ❖ The social media panic travelled faster than the COVID-19 spread.
- ❖ ‘Misinformation on the coronavirus might be the most contagious thing about it’

# Misinformation

- ❖ virus was engineered in a lab as a bioterrorism agent,
- ❖ that the symptoms are actually caused by the 5G mobile network.
- ❖ promoting fake COVID-19 cures have been reported,
- ❖ the prices of some sanitizers and facemasks have increased by over 2000%, despite in many cases not being fit for purpose.

# Stigma

- ❖ 'Wuhan virus'
- ❖ stoking fear and xenophobia
- ❖ Method and language of reporting led to fear and shame, names ,
- ❖ words such as super spreaders
- ❖ People not coming forward for treatment, complications
- ❖ spread of disease
- ❖ Politicization

# Role of media

- Effective health communication for the adoption of sustainable preventive measures and curtailing misinformation
- Public health communication to increase psychological resources and resilience in distinct age groups and socioeconomic conditions
- Effective strategies for helping individuals in dealing with social and physical distancing, Practical information, news to use
- Reduction of stigma, prejudice, discrimination, and inequalities.

# Impact on Doctors

- No one is prepared for pandemic: doctors, systems
- War but taking family to war, staying away from family
- Uncertainty
- Emotional reactions: fear/anger/stress, acute stress reaction,
- Physiological symptoms: sleep, appetite, rhythms
- Work safety: Protective gear
- The change in profile of work : type of work, different specialty
- Cutting edge: Keeping updated, examinations looming
- Optimism and belief of serving to occasional death and demotivation
- With time letting guard down
- Society response: garlands to stigma

# Changes in health

- More focus
- Role of technology
- Change in education strategies

