

## Report of the Webinar on COVID 19: Myth & Fact

Vidyavardhaka Law College and Youth Red Cross Committee, Mysuru jointly organized a one day webinar titled *COVID 19: Myth & Fact* on 6<sup>th</sup> August 2020.



Dr. C. Ravindranath, Associate Professor, Dept. of Microbiology, Mysore Medical College & Research Institute, Mysuru presented a keynote lecture on *COVID 19: Myth & Fact*. Prof.P.Deepu, Principal, Vidyavardhaka Law College, welcomed the guest and all the webinar participants. Prof.K.B.Vasudeva, Director, Vidyavardhaka Law College, will be presided over the webinar.

The key points and important insights from Dr.C. Ravindranath is mentioned below:

<b>Myths</b>	<b>Facts</b>
COVID-19 virus does not survive in sun or warm weather	There is not much research available if this virus can and survive in warmer regions of the world. In fact, the virus is already prevalent in warmer countries like India, Singapore, Australia etc.
Hand Dryers can kill coronavirus.	Hand dryers do not prevent COVID-19. Instead, washing your hands regularly using alcohol-based sanitizer or hand wash will do you good.
Eating garlic will reduce risks of coronavirus	Garlic may be healthy food loaded with loads of antimicrobial properties. However, there is no evidence that this can protect you from the virus.
Receiving a package from an infected area can leave you affected.	No, getting a parcel from an infected area does not get you infected. This is because the infection does not survive packages and products.
Taking a hot bath can kill coronavirus	Having a hot shower will not prevent you from the virus as it still has the tendency to live in hot climatic conditions. Instead, consider washing your hands frequently and this will do you good.

COVID-19 affects only older people	People of all ages are affected by a coronavirus. However, older people who are suffering from diabetes, heart disease and asthma must take extra precaution.
Gargling with salt water will prevent COVID-19	Though coronavirus is a respiratory disease, it does not mean that salt water gargling can protect you. Increase your immunity to fight the germs
An infected mother cannot breastfeed	According to the WHO, a mother can breastfeed her child and this is because breast milk provides all the protection against any illnesses and powers up the baby's immune system.
Consumption of meat, eggs, and poultry causes coronavirus	COVID-19 is a virus that spreads from human-to-human and not due to the consumption of meat, eggs or poultry.

Prof. K.B. Vasudeva, in his presidential address shared his highly commendable information gathered from many source on **COVID 19: Myth & Fact.**

Dr. K.L.Chandrashekhara, Coordinator, Youth Red Cross Committee, VVLC, Mysuru concluded the webinar through his vote of thanks.