ABSTRACT

As of late toward the finish of 2019, another illness was found in Wuhan, China. This illness was analyzed to be brought about by another kind of Covid and influenced nearly the entire world. Chinese scientists named this novel infection as 2019-nCov or Wuhan-Covid. Notwithstanding, to try not to misjudge the World Health Organization commotions it as COVID-19 infection while interfacing with the media COVID-19 is new internationally just as in India. This has upset peoples and group minds. There are different gossips and tidbits about the Covid in Indian culture which causes alarm in neighborhoods and people group minds. It is the need of society to know legends and realities about Covid to lessen the frenzy and make the correct preparatory moves for our security against the Covid. Subsequently, this article attempts to bring to the open fantasies and present current realities to the ordinary citizens. We have to confirm fantasies spreading through online media and keep our selves prepared with realities and be confident of what we know and do at this COVID 19 era at individual levels. Fitting these activities in individual minds across nations is bound to benefit the whole world.
1. INTRODUCTION

Corona is derived from the Latin crown and depicts the crown-molded "spikes" on the external surface of the pathogen or infective unit when seen under an electron microscope. Hence, the name Covid. The size of the Covid is 65–125 nm in breadth and 26 to 32 kbs long. Covid is a solitary abandoned RNA infection. Covid is member of family viridae and order Nidovirales. Covids have four sub-groups which are a-Alpha, b-Beta, c-Gamma and d-Delta Covid 2002 in Guangdong – China. SARS-CoV causes SARS, which is "Serious Acute Respiratory Syndrome" in people, which were believed to infect creatures. This current Covid infections is of Beta Covid subgroup and subsequently being called as SARS-CoV. The patients infected with SARS-CoV demonstrated indications of pneumonia and ARDS brought about by the alveolar injury. SARS contaminated around 8000 individuals causing 776 deaths around the world. Ten years later, in 2012 a couple from Saudi Arabia was infected with another pathogenic entity. The infection was analyzed and found to be MERS-CoV, which is for "Middle East Respiratory Syndrome Coronavirus," this belonged to Covids, beta subgroup WHO elucidated that, up to 2428 individuals were infected by MERS Covid and caused 838 deaths. MERS-CoV causes injury to the upper respiratory structures thus, prompting respiratory infection of serious nature; MERS-CoV shows similar symptoms as SARS Covid [1].

Towards the end of 2019, another infectious disease was found in Wuhan, China. This ailment or sickness was found to be caused by another sort of Covid which quickly spread and influenced nearly the entire world. This new kind of Covid is additionally from the beta subgroup. Chinese specialists named this novel infection as 2019-nCov (2019 novel Covid) or Wuhan-Covid. The ICTV, or "Global Committee on Taxonomy of Viruses" called these infections as SARS-CoV-2. Which the World Health Organization (WHO) named it as COVID-19 infection while communicating with the media [2].

WHO classifies COVID-19 positive cases as "an individual that appears by lab testing to be contaminated with the infection, independent of the clinical signs and indications". In any case, a couple of cases in China indicated side effects of COVID-19 however were tested negative for the disease. On eleventh of March 2020, the WHO announced that the spread of COVID-19 is a pandemic: the same number of nations around the globe indicated transmission of this infectious disease between individuals gaining high incidence rates and causing sickness and demise of thousands of individuals.

This new illness has spread all over the world just as is the case in India. This has greatly upset people’s minds and groups. There are different gossips tidbits, photographs, recordings, and news from other sources about Covid. In Indian culture gossips, tidbits and news from uncontrolled sources tend to cause alarm in people’s minds. It is the right of society to know the fantasies and realities about Covid so as to lessen the frenzy and make the best possible preparatory moves for our security against the Covid [3].

2. MYTHS AND FAKE NEWS RELATED TO CURES, DRUGS AND PREVENTIVE MEASURES

First let us address perhaps the greatest fantasy that Hydroxychloroquine and Chloroquine, sedates that are utilized for patients experiencing intestinal sickness and some other immune system illnesses like rheumatoid joint inflammation, lupus erythematosus and so on, and by and large viewed as protection as well as remedy for COVID-19. Different pioneers had supported the medication without adequate logical or real tests also, prompting mass hoardings of the medication and redirecting the medication from the individuals who are in desperate need of it towards its use for treating COVID-19. This prompted fears of overall deficiency of Hydroxychloroquine. Public supports by certain political heads of the medication additionally prompted unapproved individual utilization of the medication by non-specialists that prompted further deaths. Indeed, even WHO had halted clinical preliminary tests of the medication referring to it that it didn't have any clinical advantages, nor decrease passings or have benefits amongst the moderately sick.

- One fantasy that has been making headlines since the start of the pandemic until even now is that, utilization of liquor, can fix the illness. Indeed, liquor based hand sanitisers function admirably in purifying the skin,
however the equivalent cannot be inferred if it was consumed. Afterall, hand sanitisers were not implied for human utilization by ingestion in any case; notwithstanding, the numerous individuals who have succumbed to the deception and have burned-through the liquor based sanitisers accepting the fact that it will lessen the impact of the sickness, however oh dear, an incalculable number have sadly passed on as a result of its utilization. The WHO website even cautioned against the utilization of liquor, which can be detrimental to a healthy wellbeing [4].

Another aspect of liquor based sanitiser utilization scam is that of infusing or consumption/ devouring different disinfectants like dye and chlorine. There has been countless instances of direct utilization or infusing dye and chlorine. Such type of utilization is seriously destructive to the body, and can harm tissues, veins and organs often prompting even death. Indeed, the use of dye and chlorine on the skin is unsafe and harming, particularly in the event that it enters the mouth, eyes or other fragile parts of the body.

• The truth that numerous patients experiencing COVID-19 symptoms additionally have pneumonia has created an unexpected problem of the previous illness has prompted fake cases of immunizations against pneumonia, for example, the pneumococcal antibody and Haemophilus flu type B (Hib) immunization, giving invulnerability against the SARS-CoV-2 infection. Nonetheless, the infection is a moderately new strain that needs its own antibody, which scientists are hustling to create. The SARS-CoV-2 infection cannot be insured against by utilizing existing antibodies. However, WHO actually suggested for inoculating and immunizing against respiratory ailments as an additional safety measure.

• Medical work force fills in as a motivation to others in taking preventive measures, and seeing them wearing veils (facemasks) empower others to follow the equivalent. Wearing covers (face masks) is exceptionally supported, with punishments being applied in numerous spots or countries for the individuals who do not follow the standards. While the facts confirm that wearing masks decrease the chances of getting the infection; it is a confounded conviction from the generally supported practice that wearing covers or masks will ensure protection from COVID-19 infection. Dispensable and fabric covers, shield wearers from beads and other such body liquids that can spread the illness, however they offer little insurance against aerosolized particles. Different masks or covers like the N95 covers offer a more noteworthy level of protection assurance. Notwithstanding, the fact that no veil can offer an ensured anticipation of the illness. At any rate they should be worn alongside the practice of other preventive measures [5].

Another worry that has transformed into fantasy is that the clinical work force that wear face masks or covers for long periods are at a heightened danger of CO₂ accumulation or oxygen deficiency, however none of these are valid. Appropriately and firmly fixed covers give adequate breathing capacity to the wearer with no danger of oxygen deficiency or inebriation of CO₂. However, WHO does advise against wearing covers while practicing as it might prompt extreme perspiration thus, prompting the development of organisms inside the veil, yet keeping a base distance of 1 meter against others is beneficial.

• Emergence of COVID-19 had created interest in measures like washing and flushing nostrils with salt water as a preventive measure or even a potential fix to free the upper respiratory track of the infection. While there is some confirmation that such exercises may lessen certain side effects and help in smoother recuperation; no outcomes have emerged demonstrating that it can fix or decrease chances of COVID-19 disease.

• Over the months there has been a pattern of individuals posting via online media outlets ascertaining that utilization of different natively concocted cures, for example, ginger, garlic, Vitamin C, turmeric, sound and fundamental oils and so forth would all be able to fix COVID-19. Another such case incorporates fake WhatsApp sent messages asserting that the illness is totally treatable utilizing such custom made foodstuffs and straightforward cures. It is especially amongst those personalities with less fortunate foundations that lack information or those having a place with more seasoned age groups who are not acquainted with innovation and effectively succumb to such cases. The majority of these foodstuffs may really be useful for the human wellbeing. However, they do not prevent the infection nor its transmission. Therefore, spreading
such deceptions is not just aimed at patients that depend on such measures as opposed to settling on proper clinical consideration.

- Similar to the phony news spread on home cures, another example is that different forms of medication like homeopathy, Ayurveda, Unani and so on or exercises like practicing yoga can help one free oneself of the COVID-19 burden. Aside from these legends being spread around, a significant number of them have even been embraced by individuals in compelling positions, which is more destructive than being spread as simple bits of gossip. They may profit the human body in some way. Numerous and individuals with counterfeit practitioner trainings regularly sell faulty materials asserting them to be solutions for COVID-19; to trick clueless individuals or casualties [6].

3. MYTHS AND FACTS ON COVID-19

Fantasy "A customary or incredible story, as a rule concerning some being or saint or occasion, with or without a definable premise of reality or a characteristic clarification, particularly one that is worried about gods or mythical beings and clarifies some training ceremony or wonder of nature".

Actuality "Something that exists".

Legend exposing yourself to the sun or to temperatures higher than 25 degrees celsius forestall the Covid sickness (COVID-19).

Actuality - According to the World Health Organization, you can get COVID-19, regardless of how bright or sweltering the climate is. Nations having serious warmth additionally have COVID-19 positive cases. There is no connection between temperature variations and Covid spread. To be secure, you should clean your hands and ought not touch your mouth, eyes and nose.

Fantasy – on the off chance that you are exposed or infected with Covid, you will have it for a lifetime, or there is no recovery for Covid contaminated individual.

Actuality - Mostly people who are infected with COVID-19 can improve and kill the infection from their bodies. In the event that you contract the illness, ensure you treat your symptom manifestations. And, if an individual shows indications of COVID-19, they should look for clinical considerations promptly and should be tested for the infection. A great many people have recovered steadily with time.

Fantasy – in the event that you can put your breath on hold for over 10 seconds with no interruption it implies that you can never be infected or tainted with Covid sickness (COVID-19) or any infection of the lung.

Reality - The best-shared side effects of COVID-19 are dry-hack or cough, sleepiness and high temperatures. Barely any individual may likewise show indications of serious types of the illness, e.g., pneumonia. The best procedure to check in the event that you are contaminated with COVID-19 sickness is by doing a test. Doing breathing test won’t give us confirmation about being infected or tainted with Covid or not.

Legend – Consumption of liquor does not protect you against COVID-19 and can be dangerous.

Certainty – Drinking unnecessary amounts of liquor can increase the risk of ones health and wellbeing up.

Fantasy - Hot and muggy atmospheres don't permit COVID-19 infection to spread.

Reality - No, it is seen that the COVID-19 infection can spread in all zones, which incorporate zones with hot and muggy atmosphere. Regardless of the climate, you should utilize insurance gauges and get yourself tested in the event that you are living in a zone in which COVID-19 is prevalent do not travel to other territories without COVID-19 cases.

Fantasy - Icy atmosphere and snow won't execute the new COVID-19 infection.

Reality - Evidence has not been found demonstrating that cold atmosphere can stop or wreck the new COVID-19 infection. 36.5°C - 37°C is the normal human internal heat level which doesn’t get influenced by outside temperature or climate. The best technique to shield your-self is by cleaning your hands with hand sanitizer having liquor or wash them with cleanser or cleanser and water for over 20 seconds and keep up legitimate cleanliness and hygiene.

Fantasy – Having a high temp water shower won't keep you from getting COVID-19 illness.
Truth - Having heated water shower won't shield you from getting COVID-19 sickness. Basically, washing up with high temp water can be hurtful, as it can consume your skin. The most incredible strategy to shield your self is by cleaning your hands and keeping up appropriate cleanliness. This will help by wiping out infections on your hands surface and try not to make contact your eyes, mouth, and nose.

Fantasy - Mosquito nibbles can communicate new COVID-19 sicknesses.

Truth - Evidence has not been discovered indicating that the COVID-19 infection can spread by mosquitoes bites. Coronavirus is a respiratory-infection which communicates basically over beads delivered when the individual contaminated sniffles or hacks, or over salivation beads/ droplets or nasal release. To be protected, keep your hands clean and keep a good distance from any individual who is coughing/ hacking and sneezing or showing manifestations of COVID-19.

Legend – Can the use of chlorine or liquor on your body help to destroy or kill the new COVID-19 infection?

Truth - No. Utilization of chlorine or liquor on your body does not assist in killing the COVID-19 infection, which has at this point entered your body. Use of such materials can destroy garments, hurt eyes, mouth, skin and so on; therefore, we can utilize both chlorine and liquor only for cleaning of surfaces. At any rate it should only be done under the appropriate recommendations of health specialists.

Legend – Does pneumonia antibodies safeguard you against the new COVID-19?

Certainty - No. Pneumonia antibodies, as pneumococcal immunization and Haemophilus flu type B immunization, cannot give us insurance against Covid protection. Examination is best procedure preceding immunizations against COVID-19, which is under the mandate of the WHO.

Legend – Can the utilization of garlic assist us with keeping away from contamination with the new COVID-19 infection?

Fantasy - Can UV or infrared lights /radiations kill COVID-19 agent?

Actuality – No, none of the above should be to purify hands or different arts of the body like skin as they can cause skin disturbances and health.

Fantasy – Can warm scanners help to distinguish people tainted with the new COVID-19?

Truth - Thermal scanners help in detecting individuals who are having a high temperature, which is one of the side effects of Covid. However, recognition of people who are tainted with COVID-19 yet don't have a fever is impossible to detect as it takes around 2 - 10 days for individuals who are unhealthy to show symptoms or side effects of fever.

Legend - Does more seasoned matured individuals are influenced by COVID-19, or much more youthful matured individuals can get influenced?
Truth - Individuals of any age have equal chances or opportunities to get tainted with new Covid (2019-nCoV). However, old people and people having underlying ailments like diabetes, asthma, and sickness of the heart are prone to be generally defenseless to getting seriously infected by the covid-19 disease.

Legend – Do anti-microbials furnish us with assurance against COVID-19?
Certainty - No, anti-microbials just neutralize microorganisms and not infections. Coronavirus is another infection and, thus, anti-microbials won't give any anticipation or treatment against this infection. However, an individual contaminated with COVID-19 might be accepting anti-toxins since co-disease with bacterial is conceivable [7].

Fantasy - Any specific prescriptions to forestall or treat the new COVID-19?

Truth - Till today, there is no specific medication which can forestall or treat the new 2019-nCoV. Despite the fact that the individual infected with COVID-19 get indicative treatment, and an individual who is seriously ill with COVID-19 can improve steadily with time.

Fantasy - COVID-19 infection is simply one more influenza?

Truth - COVID-19 shows influenza like manifestations, similar to torment, high temperature, and cough or hack. Moreover, both COVID-19 and influenza are arranged as mellow, moderate, extreme or deadly. Both can cause pneumonia. Be that as it may, COVID-19 is more extreme than influenza. The death pace of COVID-19 is around 1% and 3%. Researchers are proceeding to realize the specific death rate.

Legend - Can felines and canines communicate or transmit Covid?

Reality - Presently, we have less proof that COVID-19 can be transmitted to canines and felines. However, in Hong Kong, a canine whose owner had COVID-19 created COVID-19 contamination. Yet, this canine didn't show any disease or side effects. A charge is going on the noteworthiness of this claim. However, at present, Prof. Jonathan Ball, "Teacher of Molecular Virology at the University of Nottingham" in the United Kingdom, said "they need to separate between genuine disease and simply recognizing the presence of the infection". "It is flawed that it is so applicable to the human episode, as the vast majority of the worldwide flare-ups or infections has been driven by human-to-human transmission. It is doubtful that Covid could spread to another canine or a human as a result of the low degrees of this infection. The genuine driver of the flare-up is people".

Legend - Can security be given against COVID-19 by utilizing Face covers?

Reality - Health-care suppliers utilize careful face veils, which receive solidly around their face to safeguard them against the disease. However, the use of covers or fabric face veil can't offer such assurance, as they cannot stop minute viral particles from entering in. However, this cover can help stop the transmission via droplets. CDC, for example "The Centers for Disease Control and Prevention" asserted that people should wear fabric face covers or dispensable veil in broad daylight places where it very well may be trying for us to keep a separation of one meter from every others. It is basic to wear a veil and follow the convention like not contacting the cover and face subsequent to wearing a cover. Even in the wake of wearing a veil, it is fundamental to rehearse social removing [8,9].

Fantasy - Common virus changed to frame or mimic COVID-19?

Realities - There are different kind of Covids, the likeness in all them are that they contain proteins on their external surface, which has spikes or is crown like. Not many of these Covids can straightforwardly infect people, causing the basic covid virus disease. Both MERS, for example "Middle East respiratory disorder" and SARS "which is an extreme and intense respiratory disease [10].

A number of studies on effects of Covid-19 pandemic [11-13] and the measures to improve immunity [14-16] and home remedies [17] were reported.

4. CONCLUSION

Coronavirus is a new infectious disease worldwide for which investigators are as yet continuing the search for for its treatment. Time alone will tell how these infections will affect how we carry on with our daily lives here in India and worldwide. We have to ascertain and confirm all
information that is spreading through online media outlets and keep our selves prepared by being knowledgeable on current realities with the goal that we can protect ourselves in a superior manner. Individuals must acknowledge and accept the presence of COVID-19 at an individual level. This will appreciate and help us to stop the spread of COVID-19 in a suitable manner as possible leveraging on activities in individual networks and nations that can eventually profit the whole world.

CONSENT

It’s not applicable.

ETHICAL APPROVAL

It’s not applicable.

COMPETING INTERESTS

Author has declared that no competing interests exist.

REFERENCES

1. Chakhtoura M, Napoli N, Fuleihan GE. Commentary: myths and facts on vitamin D amidst the COVID-19 pandemic. Metabolism-Clinical and Experimental. 2020;109.

2. Sahoo S, Padhy SK, Ipsita J, Mehra A, Grover S. Demystifying the myths about COVID-19 infection and its societal importance. Asian Journal of Psychiatry; 2020.

3. Carbone M, Green JB, Bucci EM, Lednicky JA. Coronaviruses: facts, myths, and hypotheses. Journal of Thoracic Oncology. 2020;15(5):675-8.

4. Narayana G, Pradeepkumar B, Ramaiah JD, Jayasree T, Yadav DL, Kumar BK. Knowledge, perception, and practices towards COVID-19 pandemic among general public of India: A cross-sectional online survey. Current Medicine Research and Practice. 2020;10(4):153-9.

5. Lai CC, Liu YH, Wang CY, Wang YH, Hsueh SC, Yen MY, Ko WC, Hsueh PR. Asymptomatic carrier state, acute respiratory disease, and pneumonia due to severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2): Facts and myths. Journal of Microbiology, Immunology and Infection. 2020;53(3):404-12.

6. Al-Bari AA. Facts and myths: Efficacies of repurposing chloroquine and hydroxychloroquine for the treatment of COVID-19. Current Drug Targets. 2020;21(16):1703-21.

7. Okunlola MA, Lampetey E, Senkyire EK, Dorcas S, Dooshima BA. Perceived Myths and Misconceptions about the Novel COVID-19 Outbreak. SciMedicine Journal. 2020;2(3):108-17.

8. Khubchandani, Sheetal Rameshlal, Trupti Madhav Dahane. Emerging therapeutic options for COVID-19. Journal of Evolution of Medical and Dental Sciences-JEMDS. 2020;9(41):3082–85. Available:https://doi.org/10.14260/jemds/2020/677.

9. Kolhe, Seema, Minal Dambhare, Priya Dhankasbar, Pallavi Dhole, Ashwathy Nair, Priya Rewatkar. Home remedies during covid pandemic lockdown. Journal of Research in Medical and Dental Science. 2020;8(6):103–7.

10. Khadka S, Hashmi FK, Usman M. Preventing COVID-19 in low-and middle-income countries. Drugs & Therapy Perspectives. 2020;36(6):250-2.

11. Somashekhar, S. P., H. V. Shivaram, Santhosh John Abbaham, Abhay Dalvi, Arvind Kumar, Dilip Gode, Shiva Misra, Sanjay Kumar Jain, C. R. K. Prasad, and Raghu Ram Pillarissetti. “ASI’s Consensus Guidelines: ABCs of What to Do and What Not During the COVID-19 Pandemic. Indian Journal of Surgery. 2020;82(3):240–50. Available:https://doi.org/10.1007/s12262-020-02452-z.

12. Spoorthy, Mamidipalli Sai, Sree Karthik Pratapa, and Supriya Mahant. “Mental Health Problems Faced by Healthcare Workers Due to the COVID-19 Pandemic: A Review. Asian Journal of Psychiatry. 2020;51. Available:https://doi.org/10.1016/j.ajp.2020.102119.

13. Acharya, Sourya, Samarth Shukla, and Neena Acharya. Gospels of a pandemic: a metaphysical commentary on the current COVID-19 crisis. Journal of Clinical and Diagnostic Research. 2020;14(6):OA01–2. Available:https://doi.org/10.7860/JCDR/2020/44627.13774.

14. Sinus Linz. Medication quality analysis and vaccine efficacy. International Journal of Respiratory Care. 2020;16(1):08–10.
15. Morelezo Nikan. Healthcare system sentinel event incidence, prevalence, and solution analysis. International Journal of Respiratory Care. 2020;16(1):11–13.
16. Dasari, Venkatesh, and Kiran Dasari. Nutraceuticals to Support Immunity: COVID-19 pandemic- a wake-up call. Journal of Clinical and Diagnostic Research. 2020;14(7):OE05–9. Available:https://doi.org/10.7860/JCDR/2020/44898.13843.
17. Dhok, Archana, Lata Kanyal Butola, Ashish Anjankar, Amol Datta Rao Shinde, Prakash Kesharao Kute, Roshan Kumar Jha. Role of Vitamins and Minerals in Improving Immunity during Covid-19 Pandemic - A review. Journal of Evolution of Medical and Dental Sciences-JEMDS. 2020;9(32):2296–2300. Available:https://doi.org/10.14260/jemds/2020/497.