

# COVID-19 MYTH BUSTERS



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## ✘ MYTH

Swallowing Or Gargling With Bleach, Vinegar, Saltwater, Alcohol Will Protect You From COVID-19.

Spraying alcohol or chlorine on your body kills the COVID virus.



## ✔ FACT

No. You have to follow covid appropriate behaviours to reduce the risk of covid-19 being caught. Swallowing Or Gargling With Bleach, Vinegar, Saltwater, Alcohol will not protect you from COVID-19.

There is no scientific evidence backing this claim. Besides not being able to kill the virus inside your body, it could be harmful and can damage your tissues.

