

# COVID-19 MYTH BUSTERS

## MYTH

Squeezing two drops of lemon into either nostril prevents from getting COVID-19.

Vitamin C Supplements Will Prevent COVID-19.



## FACT

No. There is no scientific evidence that COVID-19 can be prevented by adding lemon juice to the nose.

There is no scientific evidence backing this claim. Vitamin C does serve essential roles in the human body and supports normal immune function but unlikely to lower the risk of catching COVID-19.

