

COVID MYTHS

Compiled by Barbara Holtzman

We have gotten so much conflicting information over these past 2 ½ years -including from the CDC!
No wonder we are confused!

Below are some common myths about Covid with links to information from reliable sources.

1. **Myth: You can't spread Covid if you are asymptomatic.** *Truth: Just like colds, flu and other viruses, we are contagious to others 2-3 days before we become symptomatic*

<https://www.verywellhealth.com/asymptomatic-people-spread-covid-5248513>

2. **Myth: You can't get Long Covid if you've been vaccinated.** *Truth: Experts estimate that vaccination/boosters give us about 15% more protection*

<https://www.nbcnews.com/health/health-news/vaccines-offer-little-protection-long-covid-study-finds-rcna30467>

3. **Myth: Long Covid is rare.** *Truth: Experts find that 20-30% of people experience symptoms of Long Covid for weeks or months after they no longer test positive*

<https://wholehealthchicago.com/blog/2022/08/22/where-are-we-with-covid-overall-were-not-in-a-good-place>

<https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-long-covid>

<https://experiencelife.lifetime.life/article/how-to-treat-long-haul-covid/>

4. **Myth: A booster will protect you for 6 months.** *Truth: Experts currently believe that boosters will protect for about 3 months, waning each month after vaccination*

<https://www.verywellhealth.com/booster-shot-protection-after-omicron-6361192>

Katelyn Jetelina, Epidemiologist: Blog September 1 "Fall Boosters: ACIP Meeting" *

5. **Myth: Droplets with infected coronavirus dissipate quickly in large spaces indoors.** *Truth: Well-ventilated, large spaces help in disseminating the droplets, but since they linger in the air for hours, masks are still recommended indoors by many experts*

<https://www.epa.gov/coronavirus/indoor-air-and-coronavirus-covid-19>

6. **Myth: Antigen testing doesn't work and is unnecessary.** *Truth: Their accuracy depends on whether or not one has symptoms/has been exposed, which tests are used, and when the test is taken. Clarified in this article and others*

https://www.cochrane.org/CD013705/INFECTN_how-accurate-are-rapid-antigen-tests-diagnosing-covid-19

7. **Myth: CDC's report of the transmission rate is accurate; therefore, it is reliable to use it to determine our decisions about whether or not to require masks.** *Truth: Since most people now test at home and don't report, most experts believe that the rates of transmission are much higher than reported. They recommend that wastewater be the barometer for determining community transmission.*

<https://wholehealthchicago.com/blog/2022/08/22/where-are-we-with-covid-overall-were-not-in-a-good-place>

8. **Myth: All masks are created equal.** *Truth: Material and fit make a huge difference in how masks protect us and others*

<https://www.news-medical.net/health/A-Comparison-of-the-Different-Types-of-Face-Mask.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html#:~:text=Loosely%20woven%20cloth%20products%20provide,highest%20level%20of%20protection.>

9. **Myth: One-way masking is ineffective.** *While two-way masking is most protective, one-way masking provides protection to the wearer (and the non-wearer), dependent on conditions, setting, and the type of mask.*

<https://www.verywellhealth.com/one-way-masking-covid-5270349#:~:text=Key%20Takeaway,determining%20your%20COVID%2D19%20risk>

10. **Myth: We are no longer contagious 5 days after symptoms begin (when the CDC says we no longer need to isolate or test).** *Truth: Most medical/public health experts disagree with this guidance*

<https://www.verywellhealth.com/when-do-you-stop-being-contagious-with-covid-6373917>

Katelyn Jetelina, Epidemiologist: Blog August 12 "A Reaction to the CDC Guidance"*

11. **Myth: If I've had Covid, I am safe from another infection.** *Truth: The current research says that we can get reinfected within a few weeks or months.*

<https://www.verywellhealth.com/omicron-ba5-reinfections-5649229>

Katelyn Jetelina, Epidemiologist: Blog July 8 “Epidemiology of Reinfections”*

*To read Katelyn Jetelina’s archives of blogposts about Covid (and Monkeypox)

<https://yourlocalepidemiologist.substack.com/archive>

To subscribe to Katelyn Jetelina’s twice-weekly blog

<https://yourlocalepidemiologist.substack.com/>