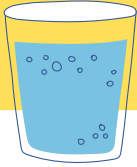




Total Lifestyle Change

MYTHS ABOUT COVID-19



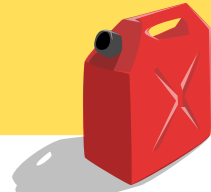
SALTWATER

Gargling with saltwater. The virus is found in the respiratory tract, which cannot be cleaned by rinsing the mouth. The WHO says there is no convincing evidence that this method will provide any protection from COVID-19.



FAMOTIDINE

Although one study suggests that famotidine, the active ingredient in heartburn medications, may reduce COVID-19 mortality risks, another study says famotidine has no significant protective effect.



ETHANOL METHANOL

Drinking ethanol/methanol is extremely dangerous and is not a cure. It can cause serious damage to organs in the body if a person swallows it, breathes it in or gets it on their skin. The FDA and others have also issued warnings about using hand sanitizer made with methanol.



IVERMECTIN

Many people believe Ivermectin, an anti-parasitic drug, can cure COVID-19. Taking large doses can result in nausea, vomiting, diarrhea, low blood pressure, dizziness, seizures, coma and even death. It can also cause birth defects if taken in early pregnancy.