



## RUMOURS CONCERNS AND RESPONSES BULLETIN

22 JUNE 2021

ISSUE

5

Is it true that if you can maintain physical distance, there is no need to wear a mask?

**This is not true. Even if you maintain physical distance, you should wear a mask as part of a comprehensive set of prevention and control measures to limit the spread of SARS-CoV-2, the virus that causes COVID-19.**

**Other infection prevention and control (IPC) measures include hand washing with soap and water, avoiding touching one's face, covering mouth and nose with bent elbow or tissue while coughing or sneezing and ensuring adequate ventilation in indoor settings. One preventive measure alone is not enough to prevent transmission. Together these measures are critical to ensure everyone's safety.**

Swab taken during common cold will test COVID-19 positive.

**This is false. Both COVID-19 and the common cold are caused by viruses. COVID-19 is caused by SARS-CoV-2, while the common cold is most often caused by rhinoviruses. Thus, as common cold is caused by entirely different virus, a swab during PCR testing. Also, this test identifies whether the actual COVID-19 virus genetic material exists in the sample test.**

A new variant is identified which is spread through air.

**What we know to date is that all variants of COVID-19 spread in the same manner. Current evidence suggests that the virus spreads mainly between people who are in close contact with each other, typically within 1 metre (short-range). A person can be infected when aerosols or droplets containing the virus are inhaled or come directly into contact with the eyes, nose, or mouth.**

**The virus can also spread in poorly ventilated and/or crowded indoor settings, where people tend to spend longer periods of time. This is because aerosols remain suspended in the air or travel farther than 1 metre (long-range).**

**People may also become infected by touching surfaces that have been contaminated by the virus when touching their eyes, nose or mouth without cleaning their hands.**

**Further research is under way to study virus variants that are emerging and why some are more transmissible.**

AstraZeneca vaccine is only 65% effective if the interval between first and second dose is three months or more.

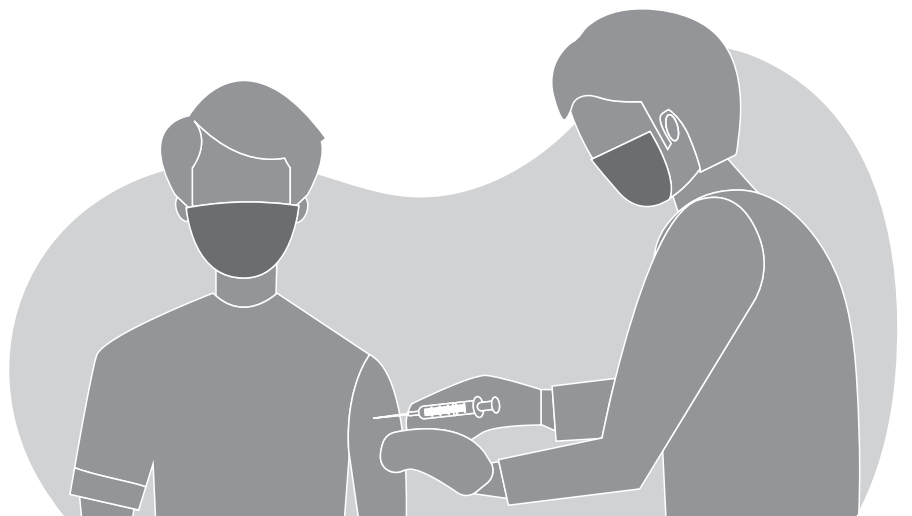
**This is False. The AstraZeneca (Vaxzevria)/SII (COVISHIELD) vaccine has been observed to be effective against COVID-19 at 78% when the interval between doses is greater than 12 weeks (~3 months).**

COVID-19 is transmitted through 5G Mobile network.

**This is False. 5G mobile networks DO NOT spread COVID-19.**

**Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.**

**COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.**



Source: World Health Organization

For questions and concern call at:

Hotline numbers:

Ministry of Health and Population (MoHP)

1115, 1133, 1092



UNITED  
NATIONS  
NEPAL

\*\*\*\*\*