



**HELP STOP  
COVID-19**

Sint Maarten Coronavirus  
Information Hotline

**914**

**DO THE FIVE**

**HANDS**  
Wash them often

**ELBOW**  
Cough into it

**FACE**  
Don't touch it

**FEET**  
Stay more than  
6 ft. apart

**FEEL**  
Sick? Stay Home

Myths	Facts
There are natural ways to prevent getting Covid-19 such as drinking boiled lemon and ginger, and eating garlic.	Garlic is a healthy food that may have some antimicrobial properties. However, there is <b>no evidence</b> from the current outbreak that eating garlic protects against COVID-19.
Taking a lot of vitamin C capsules or eating many fruits that is high in vitamin C will prevent getting Covid-19.	Taking fruits is very healthy, but the amount per day is limited. Even too much vitamins can give uncertain side effects.
My doctors always advise me to treat everything with natural herbal roots.	Treatment with natural herbal roots has to be specified by a doctor. It can give a healthy perspective, but there is no prove it protects against COVID-19.
Going out in the sun plays a huge role in killing and warding off the virus.	The COVID-19 virus will be killed by washing with soap and water and sanitizing.
Cause yesterday self a guy on fb that had it and infect his wife and lil baby give a testimony and one thing he advice people is to not stay in bed laying down would make it get worse he say he use to go out and get sun.	When you COVID-19 is confirmed, you can contaminate others. It is important to keep social distancing and not meet other persons until totally recovered.
Cold weather and snow CAN kill the new coronavirus.	Cold weather or snow cannot kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather.
Hot baths to prevent the new coronavirus disease.	Taking a nice bath can be very comfortable and relaxes you. Afterwards you can feel better and gives a nice delight. But taking a hot bath with extremely hot water can be harmful, as it can burn you.



Collective Prevention Services 24-4-2020

Can the new coronavirus be transmitted through mosquito bites?	To date there has been <b>no</b> information nor evidence to suggest that mosquitoes could transmit the new coronavirus.
<b>Spraying alcohol or chlorine all over your body kill the new coronavirus.</b>	Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be <b>harmful</b> to clothes or eyes and mouth. Both alcohol and chlorine can be useful to disinfect surfaces, but you use them under appropriate recommendations
<b>Regularly rinsing your nose with saline help prevent infection with the new coronavirus.</b>	<b>Rinsing your nose will clear the nose. A large amount of saline can also be a risk for your nostrils. It will not help prevent infection with the new coronavirus.</b>
<b>Only old people can be affected by the new coronavirus.</b>	People of <b>all ages</b> can be infected by the new coronavirus. Elderly people, and people with underlying medical failures (asthma, diabetes, heart disease and cancer) appear to be more vulnerable to become severely ill with the virus.
<b>Can I catch COVID-19 from my pet?</b>	Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
<b>Can I use self-made sanitizers?</b>	Sanitizers with an alcohol concentration between 60–95% are more effective at killing germs.  Use Lysol or bleach solution, 125 ml. in 5 liters of water. Always follow carefully the instruction on the product.
<b>Is the COVID-19 virus in drinking water?</b>	While the presence of the COVID-19 virus in untreated drinking-water is possible, it has not been detected in drinking-water supplies. Furthermore, other coronaviruses have not been detected in surface or groundwater sources and thus the risk of coronaviruses to water supplies is low.