Myth Bustin’ Mondays

4/27/2020

This Monday’s statement are over personal protection equipment.

#1 Wearing gloves will help prevent you from getting the virus. This is a myth. The CDC has not recommended people who are well to wear gloves. The CDC has only recommended glove usage if you are caring for someone who is ill and while cleaning. Health officials are finding that most citizens aren’t following proper glove usage and can contaminate themselves through improper usage. It may cause a sense of false security and lead people to wash their hands less. Because the virus adheres well to latex and other types of gloves, if you touch your face at any point, you’ve still potentially exposed yourself to the virus. The CDC still recommends that handwashing and social distancing are ways to protect yourself from COVID-19..
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
<https://wexnermedical.osu.edu/blog/is-wearing-gloves-an-effective-defense-against-covid19>

#2 Wearing cloth mask in public can reduce the spread of #COVID-19. This is a fact. Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. The CDC **recommends** wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

 CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus, and do not know it, from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

 Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Make your own mask following the [Surgeon General's how-to video](https://www.youtube.com/watch?v=PI1GxNjAjlw).

For more for myth busters, research based information on COVID-19 and more go to https://www.uaex.edu/COVID19