Myth Bustin’ Mondays

5/11/2020

Today we are looking into 2 statements about how to kill COVID -19

Statement #1: If you gargle with hot water and salt it kills COVID-19. This statement is a myth. However, gargling with salt water may ease a sore throat, though.

<https://www.politifact.com/factchecks/2020/mar/16/viral-image/gargling-salt-water-can-ease-sore-throat-it-wont-k/>

Statement #2: Splash-less Bleach kills COVID-19 just as well as regular bleach. This is also a myth. Splash-less bleach is a little thicker than regular household bleach and is less likely to splash, but the sodium hypochlorite concentration is only 1-5%. It isn’t strong enough to sanitize and disinfect, as the label warns. Splash-less bleach will not sanitize or kill the COVID-19 virus.

For disinfecting surfaces, look for bleach that is marketed as disinfectant bleach. This bleach will sanitize surfaces, and kill COVID-19.

For more researched based information on COVID-19 go to uaex.edu/covid19