

MYTHBUSTERS

Carrots give you night vision and swimming after eating leads to cramps. At some point, we've all heard, read and shared misconceptions about our bodies and health. It's about time we put an end to these alluring fibs and expose the truth behind the myths.

MYTH: 6% of MSD students believe this myth

You do not have to get vaccinated if you have already contracted COVID-19

FACT:

The CDC recommends that anyone who has contracted COVID-19 at some point should still get the vaccination when it is made available to them. While there is a natural immunity once someone is infected with COVID-19, which can last around 90 days, the vaccine would work to form a powerful immune response within the body.



MYTH: 32% of MSD students believe this myth

Constant use of hand sanitizer is good for your health

FACT:

Excessive use of hand sanitizer can cause people to lose the ability to build up a resistance against bacteria. It not only kills all bad bacteria, but it also eliminates all the harmless and beneficial germs which aid the immune system. People still can and should use hand sanitizer when washing with soap and water is not an option.



3% of MSD students believe this myth

Children can't contract the COVID-19 virus

MYTH:

FACT:

Individuals of any age are at risk for contracting and becoming sick with the COVID-19 virus. The majority of children who do contract COVID-19 experience mild symptoms. Children have died from the virus. Similarly to adults, young people with underlying health conditions are at an increased risk of complications due to COVID-19. People of all ages should practice social distancing and wear face coverings.



2% of MSD students believe this myth

Injecting or consuming bleach or disinfectant kills the COVID-19 virus

MYTH:

FACT:

Partaking in any of these activities is not only extremely dangerous, but possibly fatal. Disinfectants and bleach are strong oxidizing agents used to kill bacteria or viruses, but only when they are used on surfaces. They are not medications or treatments; they can cause damage to blood vessels and severe tissue burns.



MYTH: 21% of MSD students believe this myth

The creation of COVID-19 vaccines were "rushed" and therefore are unsafe

FACT:

While COVID-19 vaccines were developed at an unprecedented speed, the COVID-19 vaccines followed the same protocol as all other vaccines must. Both shots passed their safety and efficacy trials, and federal agencies like the CDC and FDA have been monitoring vaccine rollout as an added and standard layer of protection.



MYTH: 4% of MSD students believe this myth

Once you have had the COVID-19 vaccination, you no longer need to follow public safety guidelines

FACT:

Both COVID-19 vaccines used in the U.S. require two doses, before the vaccination is fully effective. Data has shown that the vaccines are effective at preventing the person who has received both doses from developing serious symptoms. However, a fully vaccinated person can still become infected with the virus. It is recommended to continue following COVID-19 safety guidelines.



30% of MSD students believe this myth

Individuals can contract COVID-19 from the vaccine

MYTH:

FACT:

Both the Moderna and Pfizer COVID-19 vaccines, which have been approved for current use within the U.S., lack the live virus that causes COVID-19. This means that there is no way to contract the virus from a vaccine. Some individuals have reported pain at the injection site, fatigue, headache, chills, fever and joint and muscle pain. These side effects are similar and are temporary and do not indicate a COVID-19 infection.



23% of MSD students believe this myth

Eating food within 5 seconds of dropping it on the floor is safe

MYTH:

FACT:

Bacteria is immediately transferred to food the moment it comes into contact with a contaminated surface, such as a floor. Some types of bacteria can transfer to food in less than 1 second. Bacteria move with moisture, so the wetter a food is, the larger the risk for transfer. Different surfaces result in different transfers of bacteria. For example, tile, wood and laminate surfaces transfer much more bacteria than carpeted surfaces.

