

# COVID-19 Myths



**Myth 1: You can't get COVID-19 if you are young and healthy.**



**Fact** Young people can also become extremely ill and have long term medical issues as a result of COVID-19. Make sure that you are washing your hands regularly, covering coughs and sneezes, social distancing and wearing a mask when out and about to protect you and your mob from COVID-19.

**Myth 2: Masks don't protect you from COVID-19.**



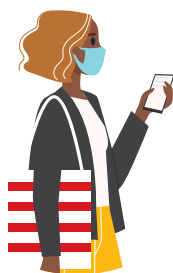
**Fact** A person infected with COVID-19 passes it onto other people mainly through tiny droplets from their nose and/or mouth. Masks can help to catch these droplets so that you don't breathe them in. The best masks have at least 3 layers with a water-resistant outer layer. For more information, please see our [cloth mask FAQ](#).

**Myth 3: COVID-19 is the same as winter flu.**



**Fact** COVID-19 is a new virus that is more infectious than the flu. Getting a flu shot is important because if you get flu and COVID-19 at the same time, the virus can be more severe. Book in an appointment to get your free flu vaccination from your local Aboriginal Medical Service.

**Myth 4: You can't get COVID-19 if you wear a mask.**



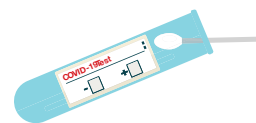
**Fact** Although masks prevent the virus from spreading most of the time, a person wearing a mask can still catch COVID-19. For example, you can also get COVID-19 if you touch a contaminated surface and then touch your eyes, nose or mouth afterwards. For more information on mask hygiene click [here](#).

**Myth 5: Hot weather protects you from COVID-19.**



**Fact** Hot weather and sun exposure do not protect you from COVID-19. The best protection is to wash your hands properly with soap and water for 20 seconds, cover coughs and sneezes, wear a mask while out and about and keep a safe distance of 1.5 metres between yourself and others.

**Myth 6: If you test positive, the government will lock you up.**



**Fact** You will be allowed to self-isolate at home if your symptoms are not severe and you can isolate safely away from other family members. If you can't separate from other family members, alternative accommodation can be arranged free of charge. Call your local Aboriginal Medical Service for more information.

**Let's keep our community safe, strong and healthy.**

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.

