



True or False Questions about COVID-19

Mark T (True) or F (False) to the left of each of these statements, then check your answers below!

1. ___ Your parents are being overly dramatic and protective.
2. ___ COVID-19 is comparable to seasonal influenza.
3. ___ Social distancing doesn't apply to young and healthy individuals.
4. ___ You can still play at the park as long as you keep a distance of 2m from anyone else.
5. ___ Holding your breath for 10 seconds without coughing means you do not have the COVID-19 virus.
6. ___ Social distancing makes me a superhero.
7. ___ Washing your hands with warm water and soap is the best way to kill COVID-19.
8. ___ Once we have a vaccine, this crisis will be over.
9. ___ Temperature higher than 25 degrees Celsius kills the virus, so the virus will "die" during the summer months.
10. ___ Cold weather and snow kill COVID-19.
11. ___ You can recover from COVID-19.
12. ___ COVID-19 cannot be transferred in areas that are hot and humid.
13. ___ Hot baths can kill the virus.

14. __Everyone should get a hand dryer installed in their house.
15. __Ultraviolet lights do not kill COVID-19.
16. __People who eat a lot of garlic will not get COVID-10.
17. __Only senior citizens get COVID-19.
18. __Wearing a face mask prevents the transfer of COVID-19.
19. __COVID-19 can only be spread through a cough or sneeze.
20. __Not everything you read about COVID-19 is true.
21. __You cannot go outside for a bike ride or a hike.
22. __There is nothing to do during quarantine.
23. __Your pet cannot get COVID-19.
24. __You can have COVID-19 and not know.
25. __COVID-19 started in China, so if you eat Chinese food you will get the virus.

Answers

1. **False.** Your parents are most likely following the rules and guidelines put forward by the government - so give them a break! They're doing the best they can for you and trying to protect you and others for COVID-19.
2. **False.** COVID-19 is about 10 times deadlier than the seasonal flu.
3. **False.** Everyone needs to be social distancing to help slow the spread of the virus. By social distancing you are keeping the elderly and immunosuppressed safe.
4. **False.** COVID-19 can live on surfaces for days so you cannot touch any piece of playground equipment until quarantine is over.
5. **False.** Holding your breath and not coughing has nothing to do with COVID-19.
6. **True!** By staying home and keeping space between you and others, you are protecting the public and helping keep the world a safer place - just like a superhero.
7. **True.** You will never know if you've picked up the virus on your hands by touching something, so the best way to help stop the spread of the virus is to wash your hands with warm soapy water. Hand sanitizer works, but it is not as effective as warm water and soap.
8. **True and false.** Once we have a vaccine against COVID-19, we will be able to fight the virus. However, although researchers are working hard to create the vaccine, it may take up to 18 months for its development - so we are months away from this pandemic ending.
9. **False.** High temperature does not kill COVID-19. Multiple cases of COVID-19 have been found in countries with hot, humid climates which demonstrates that the virus can survive during the hotter summer months.
10. **False.** Cold weather and snow do not kill COVID-19. Multiple cases of COVID-19 have been found in countries with ice and snow which demonstrates that the virus can survive in colder climates.
11. **True!** Most healthy individuals can recover from COVID-19. Catching the COVID virus does not mean you have it for life!
12. **False.** You are just as likely to get the virus in hot and humid locations.
13. **False.** While a hot bath may do some good for you on a mental health scale, it does not protect you from COVID-19.

14. **False.** Hand dryers do not kill or prevent the transfer of COVID-19.
15. **True.** Ultraviolet light does not kill COVID-19. Warm water and soap kill COVID-19.
16. **False.** Although garlic is a healthy choice, it has no effect on whether you get COVID-19 or not.
17. **False.** Everyone could get COVID-19 and this is why we are social distancing - to help stop the spread of the virus and protect those who cannot fight the virus as well as the young and healthy.
18. **False.** While wearing a face mask helps protect you from the main source of transmission (mouth and nose), it can still get into your body via other places (e.g. your eyes) - also tiny viral particles can get through some masks.
19. **False.** COVID-19 can live on surfaces like playground equipment, benches and tables for hours and hours. On some surfaces, the virus is still "alive" after 3 days!
20. **TRUE!** Make sure you ask your parents/guardians questions when you have them. The internet is full of false information, so it's important that you are reading from credible sources and getting accurate answers to questions you have.
21. **False.** You can stay active and go outside. If you see someone in your path, simply ensure that you do not touch the other person and that there is at least 2m between you and them.
22. **False.** There are plenty of activities you can do to keep your mind engaged. They may not be the typical things you do in your regular life, but these are not regular times. Check out the youth and teen activities we came up with in the downloadable resources section of the website!
23. **True.** Pets cannot get COVID-19.
24. **True.** For many, symptoms of COVID-19 are very mild; a sore throat, small cough and/or small fever so they don't know they have COVID-19 and don't get tested. This is why quarantining and social distancing are so important to stopping the spread - you could have it and not know.
25. **False.** The virus is a worldwide pandemic and what kind of food you eat has no impact on the spread of the virus.