NAME: IKUOMOLA STEPHANIE

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**A WRITE UP ON SOCIAL MEDIA PROLIFERATION OF FAKE NEWS, DODGY HEALTH ADVICE AND FAKE CURES OF COVID’19**

Covid’19 which is known as corona virus is a virus that affects the respiratory system. It is spread primarily through contact with an infected person when they cough and sneeze. A lot of fake news about Covid’19 has been spreading rapidly via email and messaging platforms, often supposedly from ‘a doctor at hospital, country or academic institution, with some claims about how to cure or prevent yourself from contracting the virus. The Medicines and Healthcare Regulatory Agency took part in the operation which revealed a trend of criminal exploiting fears about the pandemic and increased demand for products such as personal protection equipment and hygiene products. Among the products seized were counterfeit face masks and unauthorised antiviral medication.

**FAKE NEWS ON COVID’19**

1. **Drinking water will ‘flush out’ the virus:** A lot of false information says that drinking plenty water flushes the virus out of your system. This is false. Although drinking lots of water keeps you hydrated and is important, the idea of it flushing the virus from your system is false.
2. **Gargling with salt water or disinfectant will kill the virus**: This information is incorrect. It is a misunderstanding which affects the entire respiratory system and doesn’t just lurk in the throat.
3. I**f you can hold your breath for 10 seconds, you don’t have COVID-19:** If you can hold your breath for 10 seconds without coughing, you’re in the clear. It also suggests you do this daily and that by the time you have the officially recognised symptoms it’s ‘too late’. This is false. While shortness of breath and coughing are (sometimes) symptoms of COVID-19, the ability to hold your breath for 10 seconds will vary from person to person, for a myriad of reasons. It isn’t an indicator that you do or don’t have the virus.
4. **The virus is killed by the sun**: Claims that the new Coronavirus ‘hates the sun’ and that therefore sunbathing can prevent you catching it are unfounded. Given the global spread of the virus so far in both hot and cold climates. We don’t yet know if COVID-19 is a seasonal flu.
5. **Drinking hot water and avoiding ice or cold drinks will help**: Working on the same flawed logic of the myth above, some advice recommends constantly drinking hot drinks and avoiding ice or cold drinks. But drinking hot drinks will not change your body temperature. You cannot kill the virus once it’s in the body – your immune system just needs to fight it off.

**FAKE CORONAVIRUS ADVICE**

1. They advise that you hold your breath for 10 seconds in the morning. If you do if successfully without coughing there is no fibrosis in the lungs
2. Ensure that your mouth is always moist and never dry. Take aa few sips of water every 15 minutes. If the virus gets to your mouth, when you drink the water if will flush them down through your throat and into the stomach

**FAKE CURES**

1. Use hydroperoxide to rinse your mouth
2. Corona spray

As of earlier updated information the use of hydroxychloroquine has been used on some infected patients and according to the news it has been able to heal them. Although this drug is still under observation, this information is not certain