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Assignment

Social media and proliferation of fake news, dodgy health advice and fake cures of covid 19

Social media and proliferation of fake news, dodgy health advice and fake cures of covid19 by Olumuyiwa Iretiayo 18/sms04/041.

Between march 17 and march 23 had been a large volume of mentions around Venetian canals teeming with wild life as an apparent side effect of covid19 lockdown. This work suggests the need to increase fake news awareness through media and information literacy because, in Nigeria, fake news awareness campaigns have not been fully actualized. There is a need to increase the media literacy of the public, particularly young people to critically access and respond to media messages. Furthermore, social media users should be constantly informed about the consequences of fake news, how to spot it, and why it is important to be self-aware before forwarding any message There should also be adequate adverts, workshops, conferences, and other forms of sensitization across all media to enable individuals to differentiate between factual and made-up news. A lot of dodgy health advice and fake cures .

Drinking water will ‘flush out’ the virus -Text from one of the letters going around tells you that drinking water will flush the virus from your throat into the stomach, where gastric acids can destroy it. While drinking plenty of water and staying hydrated is always important, the idea that you can remove a virus this way is unscientific. The virus can find its way into the cells of the respiratory system, as well as transmitting through the nostrils or eyes.

Gargling with salt water or disinfectant will kill the virus -Advice that was incorrectly attributed to a London hospital says that gargling with disinfectant ‘removes the virus before it goes down to the trachea and then to the lungs’. This is a fundamental misunderstanding of the virus, which affects the entire respiratory system and doesn’t just lurk in the throat.

If you can hold your breath for 10 seconds, you don’t have COVID-19 -This claim says that 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 recognized symptoms it’s ‘too late’. This is nonsense. 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.

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, there is no evidence for this. We don’t yet know if COVID-19 is a seasonal flu.

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. This advice’s has misled a lot of people even drinking of silever, eating of garlic, home-made hand sanitizer.

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