



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

The Division of Public Health (DPH) is aware of inaccurate messaging and medical misinformation that is being distributed on social media and by private organizations regarding effective treatment and prevention methods for coronavirus disease 2019 (COVID-19). We have attempted to dispel some misconceptions here:

1. Maintaining adequate hydration to satisfy your body's fluid needs is important, however drinking/sipping/ingesting warm liquids does not "neutralize" COVID-19, "wash it into the stomach," or in any way impact the course of this illness.
2. "Gargling" with antiseptic, astringents, or any substance does not impact COVID-19.
3. While there are data demonstrating the persistence of the virus that causes COVID-19 on porous surfaces, this does not necessarily translate to infectiousness. We continue to recommend cleaning potentially contaminated surfaces frequently, and—most importantly—avoiding touching your face as much as possible and handwashing frequently, particularly after touching potentially contaminated surfaces.
4. There is no current evidence for individuals who are not malnourished or known to have vitamin deficiency to support daily supplementation with zinc, vitamin C, or any other vitamin or mineral.
5. Breath holding/endurance testing cannot be used to detect the presence or absence of infection in the body.
6. DPH recommends patients experiencing COVID-19 symptoms call their primary care physician before ingesting any medication, including NSAIDs (medicines that reduce pain, decrease fever, and in higher doses, decrease inflammation; includes aspirin, ibuprofen, and naproxen), to ensure they are compatible with existing health conditions and medications.
7. There is no evidence that people with certain blood types are more susceptible to COVID-19.
8. There is no evidence to support the use of "immune boosting" agents, and DPH reminds the public that many supplements are sold without having been reviewed or approved by the FDA.