CONTENT

Objective    Farmer-listeners should identify at least three myths about COVID-19 that were mentioned in the radio broadcast.

Key Message    Aside from protecting oneself from COVID-19, family farmers should also protect themselves from the spread of fake news about COVID-19.

Supporting Message    With the COVID-19 pandemic, a lot of people are concerned for their health and safety, most especially frontliners such as family farmers who are working hard to make sure that people can access healthy and nutritious food. But aside from concerns with protecting oneself from COVID-19, one problem that we should also be aware of is the spread of fake news.

This is because fake news can do more harm to other people since misinformation can lead to decisions that can cause accidents or can endanger the lives of others. Since most people access information through the internet, we should practice caution when sharing information online.

Let us talk about and dispel some of the myths surrounding COVID-19:

- People of all ages, nationalities and races can be infected by SARS-CoV2 – the virus responsible for COVID-19 disease. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, and heart conditions) appear to be more vulnerable to becoming severely ill with COVID-19.

- There is no evidence that current medicine can prevent or cure the disease. But there are several ongoing clinical trials that include both western and traditional medicines.

- Antibiotics do not work against viruses, only against bacteria.
• Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenzae type B (Hib) vaccine, do NOT provide protection against COVID-19.

• Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from COVID-19.

• 5G mobile networks DO NOT spread COVID-19.

• Exposing yourself to the sun or to temperatures higher than 25 °C does NOT prevent COVID-19.

• You can recover from COVID-19. Catching COVID-19 does NOT mean you will have it for life.

• Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from COVID-19 or any other lung disease.

• Drinking alcohol does not protect you against COVID-19 and can be dangerous.

• The virus causing COVID-19 CAN be transmitted in areas with hot and humid climates.

• Cold weather and snow CANNOT kill the virus causing COVID-19.

• Taking a hot bath does not prevent COVID-19.

• The virus causing COVID-19 CANNOT be transmitted through mosquito bites.

• UV lamps should not be used to sterilize hands or other areas of skin. UV radiation can cause skin irritation.

• COVID-19 is not a punishment from God (people don’t get COVID-19 because they are sinners or hated by God).

Call to Action Aside from taking care of their health by eating healthy foods, exercising, and following COVID-19 safety protocols, family farmers should also make sure that the information they are sharing with other people come from reliable sources to prevent the spread of fake news.

This public service announcement is brought to you by the United Nations Decade of Family Farming, ComDev Asia, AMARC Asia Pacific and this station (state the name of the community station).