

# GUIDELINES ISSUED BY WORLD HEALTH ORGANISATION- SOUTH EAST ASIA

## Facts or Fiction related to Food during the COVID-19

**Q. Does drinking lots of water every 15 mins flush out the new coronavirus and protects against COVID-19?**

Fact: There is no evidence that drinking lots of water flushes out the new coronavirus. However, for good health in general, it is recommended that people should have adequate water every day for good health and to prevent dehydration.



#COVID-19 #coronavirus



**Q. Does eating frozen foods and ice-cream spread the new coronavirus?**

Fact: There is no scientific evidence that eating hygienically made frozen food and ice-cream spreads the new coronavirus.



#COVID-19 #coronavirus



**Q. Eating mango cures the new coronavirus as the acids in the fruit kill it.**

Fact: No. There is no scientific evidence that mango kills the new coronavirus. However, WHO recommends consuming adequate fruit and vegetables as part of a healthy diet.



#COVID-19 #coronavirus



**Q. Eating chicken causes the spread of the new coronavirus.**

Fact: Eating hygienically prepared and well-cooked chicken is safe and does not cause the spread of the new coronavirus.



#COVID-19 #coronavirus



**Q. Does Durian protect from COVID-19?**

Fact: No. There is no scientific evidence that durian protects from COVID-19. However, WHO recommends consuming adequate fruit and vegetables as part of a healthy diet.



#COVID-19 #coronavirus



**Q. Does eating rasam or curry protect from COVID-19?**

**FACT: There is no scientific evidence that rasam or curry protects from COVID-19.**

To protect yourself:

- Regularly wash hands with soap and water or alcohol-based hand rub
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, and then dispose the tissue safely
- Keep 1 metre distance from someone sneezing or coughing

#coronavirus #COVID-19

