



FACTSHEET

COVID-19: **FACT VS. FICTION**

Reminiscent of the ever-evolving nature of the COVID-19 pandemic, a new wave of coronavirus cures and defences has hit our social media feeds in recent weeks – but these so-called magical fixes aren't all they're cracked up to be. To set the record straight, here's the verdict on the latest COVID-19 talking points.

2

Vitamin D status is predictive of COVID-19 mortality.

Vitamin D status has been proposed as a factor that could influence COVID-19 outcomes after a large study in 2017 identified Vitamin D supplementation as protective against acute respiratory tract infections. Building on this case, preliminary research has linked low Vitamin D status to COVID-19 mortality. While there's a lot of research still to be done, some experts are suggesting that taking a Vitamin D supplement may be beneficial for those at risk of vitamin D deficiency in the current climate, especially given that many people are staying indoors more than normal.

4

You should take vitamin and mineral supplements to boost your immune system.

More than ever, people are interested in 'boosting' their immune system. Truth is, however, you don't actually want to boost your immune system. An overactive immune system can be just as bad, if not worse, than an underactive one. What you want is a strong immune system, and one of the best ways to achieve this is to eat nutritious foods. Vitamin and mineral supplements can be unnecessary and, in some cases, dangerous, so you should never commence a supplement regime without speaking with your doctor or dietitian.

1

The keto diet is protective against COVID-19.

The ketogenic diet (or keto, for short) is essentially a high fat, low carb, moderate protein diet. It's been touted as a protective mechanism from COVID-19, supposedly boosting your immune system and helping your body to fight infection. As good as that sounds, however, there's currently no scientific evidence to substantiate this idea. In addition, the ketogenic diet is extremely restrictive and lacking in many essential nutrients, which isn't ideal when trying to support overall good health.

3

COVID-19 can be transmitted through food packaging.

There's currently no scientific evidence to say that you can contract coronavirus through food or food packaging. To help stop the spread of COVID-19, the most important thing is to practice good hand hygiene.

5

Gargling with lemon, vinegar or warm salty water will protect you against COVID-19.

The story goes like this: gargle with one of these substances to stop COVID-19 reaching your lungs and kill the virus altogether. Unfortunately, however, this is simply not true.

