

Everyone should be informed of the facts of COVID 19.

We are all in this together.

MYTH

Taking a hot bath or steaming your body prevents COVID-19.

FACT

Taking a hot bath or steaming your body does not prevent COVID-19. Your normal body temperature remains around 36.5 - 37°C regardless of the temperature of your bath, shower or steam. Taking a bath with extremely hot water can be harmful as it can burn you.



We protect each other by: practicing physical distancing, staying at home (if you don't feel well)



Frequent handwashing with soap for at least 20 seconds



Wearing a cloth covering over our nose and mouth in public places



Coughing or sneezing into your elbow



Practice physical distancing by maintaining 1 metre distance between you and others



Avoid touching your eyes, nose and mouth



Stay at home if you feel sick