Everyone should be informed of the facts of COVID 19. We are all in this together.

**MYTH**
Increased sexual activity prevents/treats COVID-19 as it heats the body.

**FACT**
Sex or other measures to “heat the body” will not prevent or treat COVID-19. In addition, unprotected sex carries the risk of HIV and other sexually-transmitted diseases.

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