



## COVID-19

### ADDITIONAL INFORMATION

Is it true that I can zap the novel coronavirus (COVID-19) with an ultraviolet (UV) light?

- Specific UV light beams can warp viruses and keep them from replicating in living cells. However, it won't do you much good at home. There are three types of UV wavelengths in the spectrum of light according to the [manufacturers at UV Light Technology](#). Only ultraviolet C (UVC) light breaks apart viruses. It's very good at destroying all genetic material—including you (UVC is what the ozone layer and sunscreen protects us from). A concentrated UVC light isn't the type of UV light you might have around the house. It is being used experimentally on subways, buses, and money in banks (when people are not present) to fight COVID-19, and there's no reason to rush to your local hardware store for a UV light. If you do have one, be sure to keep the light away from your skin and eyes.

Has my time in the summer sun prevented me from getting COVID-19?

- [A recent university study](#) has found that, while higher heat and humidity can slow the spread of COVID-19, longer hours of sunlight are actually associated with a higher incidence of the disease. This could be a sign that sunny days can tempt more people outdoors, even if this means a higher risk of infection. There is no evidence, however, that if you show early symptoms time in the sun will improve your symptoms or make you less infected.

Is it true that sweat and other droplets can spread from a person jogging or cycling and infect me?

- There is not yet any evidence that will happen. A team of researchers from Belgium did create a simulation to show the droplets from coughs, sneezes, sweat, and other exhalations from people biking or exercising and how they move in the air. However, when they spoke to the media about their project prior to the study being complete and the findings were peer reviewed, rumors of a study [saying outdoor exercise is unsafe went viral](#).
- At this point, there is no concrete evidence that you are likely to be infected by running outdoors or biking. Continuing to observe social distancing while doing anything in a public place is a good idea.
- You do not need to wear a mask while jogging or doing other outdoor exercise according to the World Health Organization's [list of common myths](#).

### Need help finding a resource?

Ask library staff for help if you are unable to find or access a resource. We're glad to help you find the information you are looking for.