Debunking Medical Myths: Vitamin C & Covid-19

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1) COMMON COVID-19 SYMPTOMS
COVID-19 is caused by infection with severe acute respiratory syndrome Coronavirus 2 (SARS-CoV-2). Common symptoms of COVID-19 include fever, chills, cough, shortness of breath, muscle aches, fatigue, sore throat, and loss of taste or smell.

2) COVID-19 PREVENTION
The FDA has issued an emergency use authorization for tixagevimab plus cilgavimab (EVUSHELDTM), to help protect against COVID-19. Many also turn to tried and true home remedies in hope of curing COVID-19, namely Vitamin C, with no evidence of the efficacy of this method.

3) VITAMIN C & IMMUNITY
Vitamin C is a water-soluble nutrient and key antioxidant, shown to be effective for boosting immunity for some diseases before contraction, and as treatment for some bacterial and viral infections.

4) NO BENEFIT IN TREATMENT
Adding Vitamin C to COVID-19 treatment regimens showed NO statistically significant differences compared to receiving COVID-19 treatment alone.

5) NO IMPACT ON OUTCOMES
Recent studies indicate vitamin-C administration had NO impact on clinical outcomes like mortality, ICU admission, hospital stay, & mechanical ventilation, irrespective of its dosage, route of administration and disease severity.

6) TREATING COVID-19
The FDA has approved treatment of COVID-19 with Veklury (remdesivir), an antiviral drug, and Olumiant (baricitinib), an immunomodulator, for certain hospitalized patients. Among older populations, nirmatrelvir has also been shown to significantly lower the rates of hospitalization and death.

7) WHY GET VACCINATED?
Receiving the COVID-19 vaccination is the safest and most reliable method in building protection against COVID-19. It is CDC recommended for everyone 6 months and up.

References: