



CFA provides information about our industry's vulnerable business issues. The current issue's importance sends a clear "Protect Yourself" message and is part of CFA's continuing effort to assist our members.



March 2020

"PROTECT YOURSELF"

Fact Checking COVID-19

There is clear evidence that the CFA bulletin sent yesterday (March 11) contains incorrect advice:

As the new coronavirus, which is responsible for the disease COVID-19, spreads worldwide, ***so too has viral advice for combating the pandemic.*** One frequently copied and pasted bit of text that has gone viral on Facebook, Twitter, and WhatsApp suggests a simple self-check for coronavirus infection, usually attributed to "Taiwan Experts," "Stanford University," or "Stanford Hospital Board," among others.

"If you can hold your breath without coughing, discomfort, stiffness, or tightness, your lungs do not suffer from fibrosis and therefore you have no COVID-19 infection". This **"self-check" claim attributed to Taiwan experts is flawed for several reasons. The "simple self-check" hinges on two central and unsupported assertions: First, that early COVID-19 infections include as a symptom a condition known as pulmonary fibrosis; and second, that the ability to hold your breath for 10 seconds is an accurate indicator of fibrosis. Neither is the case.** It is not listed as a symptom in the Centers for Disease Control and Prevention's (CDC) "Clinical Guidance for Management of Patients with Confirmed Coronavirus Disease," nor is it listed as a symptom in the World Health Organization's joint report with China on the progression and spread of the disease.

For additional comments and fact checks, see attached links.

<https://www.motherjones.com/politics/2020/03/theres-a-facebook-coronavirus-post-going-viral-claiming-to-be-from-stanford-dont-believe-it/>

<https://www.snopes.com/fact-check/taiwan-experts-self-check/>

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