



# MAYDAY



The Official Newsletter of the Motorsport Emergency and Turnworkers Association

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**October 2020**  
**Volume 45 Issue # 10**

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All opinions expressed in the Mayday are those of the individual authors and do not necessarily reflect the opinions of the Mayday staff, Club Executive, or the members of META.

META meetings are held on the fourth Wednesday of every month, except December. Publication deadline is the 30th of each month. Submissions may be e-mailed to the Editor.

Produced in Canada.

Next META meeting will be

**October 28, 2020**

Our meeting location this month will be via Zoom

## *Speed Reading*

Oct 10	Charlotte Roval	IMSA	Concord, NC
Oct 17	Petite LeMans	IMSA	Braserton, Ga
Oct 17	Cascade Enduro – PIR	CSCC	Portland, Or
Oct 17&18	Karting #9&10 - Greg Moore Raceway	WCKC	Chilliwack, BC
Oct 24&25	Lucky Dog Racing-7+7hr – PIR	LDR	Portland, Or
Oct 25	Grand Prix of St Petersburg	Indycar	St Petersburg, Fl
Oct 28	META Meeting – Via Zoom	7:30	Your House
Nov 1	Laguna Seca Grand Prix	IMSA	Monterrey, CA
Nov 6&7	Rocky Mountain Stage Rally	CSCC/CRC	Kananaskis, AB
Nov 14	12 hours of Sebring	IMSA	Sebring, Fl
Nov 25 AGM	META Meeting –	7:30	
Dec 4&5&6	Big White Winter Stage Rally	WCRA/CRC	Kelowna, BC

*Note that schedule changes are happening regularly.*

*Please check with the event organizer to confirm event status*

## *Annual General Meeting*

*META's Annual General Meeting will be held on*

***Wednesday November 25***

***Location to be determined at 7:30pm***

*Please plan on attending this meeting as our annual elections will be held at this time.*

*The positions available are:*

*President, Vice President, Secretary, Treasurer*

## *Presidents Report*

When I stepped into the role of President of META 11 months ago, I didn't see the year ahead of me looking anything like it did. It's been a difficult 2020 for all of us, and I want to thank everyone for doing what they could, when they could.

After spending the first part of the year as a hermit, I was excited to see people at the first lapping day at Mission, and then we got to go racing. Three race weekends was a lot less than I was anticipating in January, but I was grateful to get that many races in. It buoyed my spirits to see my racing family at the track, and I miss those of you who couldn't make it.

The monthly META meetings on Zoom have been successful, I believe, and we're even getting attendance from people who can't regularly attend meetings. If we ever get back to whatever "normal" is, I would like to find a way to incorporate Zoom into our in person meetings as well.

Our AGM is coming up in November, and we will be holding elections again. Please consider running for one of the positions on the club executive, I do not plan to run again for President and Ann has completed 3 years as secretary and isn't eligible to be the Secretary again next year.

Thank you all for your support this past season, I appreciate everyone in our racing family.

*David*

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## **META Members Favorite Businesses**

*In an effort to support local business I am listing some member recommended establishments.  
Do you have a favorite restaurant, pub, or local business?  
Send it to me for some free advertising – maydayeditor@hotmail.com*

### **Port Coquitlam – Pallas Athena Greek Kousina**

<https://www.pallasathena.org/>

604-941-4871

### **Port Coquitlam – Gillnetter Pub**

<https://gillnetterpub.com/>

604-941-5599

### **Port Coquitlam – San Remo Restaurant**

<https://www.sanremopizza.ca/>

604-941-8644

### **Richmond – Tug Boat Annie's Pub & Grille**

<http://www.tugboatannies.com>

604-270-0364

### **Vancouver – Vassilis Souvlaki Greek Taverna**

<https://www.vassilissouvlakigreektaverna.ca/>

604-434-0626





## **Track Workers List from the first Vancouver Indy – 1990**

From META Archives

Gary Avrin	Jean-Patrick Hein	Ashley Packard
Jeremy Baisch	Bonnie Healy	Ann Peters
Bernard Beaumont	Lee Hillyer	Chris Pfeifle
Brad Belcher	Monty Holt	Donna Pfeifle
Tammi Belcher	Lynne Huntting	Jacqueline Plouffe
Tom Bennie	Rob Jacobsen	Cheryl Porter
William Betz	Ron Jacobson	Daryl Posposil
Paul Bjerkan	Dave Jagt	Darren Poughkay
Guy Blanchard	Ben Johnson	Joe Proud
Barb Blizzard	Kimmo Kauppi	Art Prufer
Don Bolton	Jay Kingsley	Jean-Marc Raymond
Olaf Brandfors	Steve Kinsch	Nick Roche
Brenda Brovold	Kevin Kochi	Glen Rogerson
Mike Brovold	Jim Lasher	Gerry Rohling
Kevin Cafferky	Al Leighton	Roger Salomon
Lee Casebeer	Scott Levin	Matt Scaife
Kelly Cebuliak	Brian Meakings	Vladmir Sigur
Keith Churchill	Jeff Merrill	Monte Simmons
Barb Coburn	Dan Miklovic	Dallis Smith
Dick Coburn	Rae Mitchell	Tim Stanley
Gail Coss	Russ Mitchell	Doug Stark
Bernice Danton	John Mocyk	Al Stewart
Tim Day	Pierre Montpetit	Neil Swanson
Glen Debert	Steve Newby	Mike Theissen
David Doroche	Rick Neyedli	Robin Theissen
Theresa Duncan	Don Liebich	Ted Theissen
Mike Evans	Thomas Liesner	Tom Travers
Robin Fairservice	Gerry Lomas	Rich Ulvild
Dany Fradette	Dave Love	Rudy Van Woerkom
Peter Gilchrist	Jennifer Mah	Brad Velandar
Matthew Gray	Barrie Main	Brad Weeks
Steven Gray	Peter Martin	Cliff White
Bob Greene	Cheryl Matthews	Joan Whitman
Gary Hallberg	John McCulley	Richard Whitman
Bernie Hamm	Andy McKenna	Ted Wong
Bill Harrington	Dan Olson	Rick Zeller
Vern Hassett	Shirley Olund	

## *IndyCar confirms 17-race 2021 schedule*

By RACER Staff | October 1, 2020 7:44 AM

A 17-race schedule for the 2021 NTT IndyCar Series was confirmed Thursday. As predicted by RACER, the calendar includes a doubleheader at Texas Motor Speedway in May.

The 2021 season will begin Sunday, March 7 on the streets of St. Petersburg, Florida, marking the 10th consecutive year that St. Petersburg will host the launch of a new season. That event will be the first of nine races on NBC network television.

“We’re really pleased that the current plans provide for one additional race on NBC’s network than we had this year,” said Mark Miles, president and CEO of Penske Entertainment Corp. “In particular, the season will start with NBC coverage of the St. Petersburg event, a spectacular start for those in attendance and for those watching from home.”

“The IndyCar and NBC Sports partnership continues to be mutually beneficial, growing in viewership and providing adrenaline-packed entertainment to a national sports audience,” said Michael Perman, vice president, programming, NBC Sports. “We’re looking forward to providing increased exposure to the series in 2021, including network coverage of the season opener in St. Pete and the finale in Laguna Seca. Additionally, as a marquee event of our championship season, we’ll also provide wall-to-wall coverage of the Indy 500 on NBC, an international sporting spectacle filled with speed and exceptional drama.”

For the first time, the NTT IndyCar Series will race at the Texas Motor Speedway in the month of May during a doubleheader weekend Saturday, May 1 and Sunday, May 2. The move places an oval on the schedule before the 105th Running of the Indianapolis 500, scheduled for Sunday, May 30.

“The changes in Texas are important and exciting,” Miles said. “To have not just one oval race, but two, before racing at the Indianapolis Motor Speedway in May is strategically very important to the growth of the event, as well.”

The summer months kick off with the Detroit doubleheader moving to the second weekend in June, Saturday, June 12 and Sunday, June 13, while the Mid-Ohio Sports Car Course will host IndyCar during the July 4 holiday weekend.

In August, the series will feature consecutive races on a street course, road course and an oval, beginning with IndyCar’s debut on the streets of Nashville, Tennessee, for the first Music City Grand Prix on Sunday, Aug. 8. The three-day event will be staged on a temporary grand prix circuit in downtown Nashville and around the Nissan Stadium campus that serves as the home of the NFL’s Tennessee Titans.

“We couldn’t be more excited about the opportunity to race on the streets of Nashville, which we think will be a blockbuster event in its first year,” Miles said. “It’ll help raise the bar — not just for great racing but for a great festival around IndyCar.”

Just six days later, the series once again will join NASCAR, this time with both Indy cars and stock cars running on the IMS road course the road course at the Indianapolis Motor Speedway on Saturday, Aug. 14.



“After the proof of concept this year,” said Miles, “we look forward to having an IndyCar Grand Prix during the Brickyard weekend – and inviting fans be a part of it. We know the strong Midwest affinity for IndyCar racing and the love for IndyCar drivers will help that weekend reach new levels.”
































The three-weekend stretch culminates with a return to the oval at World Wide Technology Raceway on Saturday, Aug. 21.

More than half of the events on the schedule have been on the IndyCar calendar for 16 or more years, with Long Beach and Mid-Ohio (36 years) leading legendary visits to Detroit, Road America, Toronto and Portland International Raceway.


The 2021 NTT IndyCar Series champion will be crowned Sunday, Sept. 19 at WeatherTech Raceway Laguna Seca, wrapping up the season on NBC.

2021 event start times will be announced at a later date.

## 2021 NTT INDYCAR SERIES SCHEDULE

MARCH	7	 Streets of St. Petersburg	
APRIL	11	 Barber Motorsports Park	
	18	 Streets of Long Beach	
MAY	1	 Texas Motor Speedway Race 1	
	2	 Texas Motor Speedway Race 2	
	15	 Indianapolis Motor Speedway (Road Course)	
	30	 The 105th Indianapolis 500	
JUNE	12	 Raceway at Belle Isle Park Race 1	
	13	 Raceway at Belle Isle Park Race 2	
	20	 Road America	
JULY	4	 Mid-Ohio Sports Car Course	
	11	 Streets of Toronto	
AUG.	8	 Streets of Nashville	
	14	 Indianapolis Motor Speedway (Road Course)	
	21	 World Wide Technology Raceway	
SEPT.	12	 Portland International Raceway	
	19	 WeatherTech Raceway Laguna Seca	

 Oval

 Road Course

 Street Circuit

## *IndyCar adds Nashville to its 2021 schedule with Music City GP Aug. 6-8*

By [Nate Ryan](#) Sep 16, 2020, 12:00 PM EDT

The NTT IndyCar Series will add a street race in downtown Nashville, Tennessee, to its 2021 schedule, announcing Tuesday that the inaugural Music City Grand Prix will be held Aug 6-8.

In a multiyear agreement, Nashville will be IndyCar's first new street course in seven years (the last was in Houston, Texas, which lasted two years).

The 11-turn, 2.17-mile circuit will cross the Korean Veterans Memorial Bridge twice over the Cumberland River and employ parking lots adjacent to Nissan Stadium as its paddock.

The straightaway across the bridge will stretch 3,578 feet with cars hitting a top speed of about 200 mph on a track whose width will vary from 37 to 80 feet and be surrounded by 9,600-pound barriers.

Two-time IndyCar champion Josef Newgarden, a native of the Nashville area who moved back to his hometown last year, was at a Wednesday news conference to announce the race.

"I can speak for all the IndyCar drivers and tell you this is going to be the No. 1 destination outside of the Indy 500 next year," Newgarden said. "We always mark the Indy 500 as a key point for us. Every driver that I've spoke to that's heard about Nashville, they want to come to this event and succeed.

"For me it's going to be probably the second most pressure-filled event to get right. How do we win this race with Team Penske next year? I'm so excited, proud to be from Nashville. It's a good coincidence. I never dreamed of being able to drive for Roger Penske one day in the IndyCar Series. Certainly to run a race in my own hometown with a great team behind me like this. It's going to be a big year to come to Nashville in 2021." Penske Entertainment Corp. CEO Mark Miles said the remainder of IndyCar's 2021 schedule was about two to four weeks from being announced. He has said next year's schedule is expected to resemble the original 17-race schedule for 2020. "The Music City Grand Prix will be a one-of-a-kind experience anchored in the heart of Nashville's action-packed, exhilarating downtown corridor," Miles, who was part of an IndyCar delegation that met with race organizers last month, said in a release. "Nashville is a world-class city and global entertainment capital that provides an exceptional platform for our Series. From professional sports teams and top live music acts to a burgeoning food and culture scene, it is a perfect home for a racing event of this magnitude."

Here's the release about the IndyCar Nashville street race:

NASHVILLE, Tenn., Sept. 16, 2020 – The Music City Grand Prix, in partnership with INDYCAR, is bringing a new sound to Nashville. The Music City Grand Prix announced today that the newest NTT INDYCAR SERIES race will debut Aug. 6-8, 2021, in Nashville, Tennessee. The three-day international festival of speed and sound will be staged on a temporary grand prix circuit in downtown Nashville and around the Nissan Stadium campus. Attendees can look forward to the best Nashville has to offer, including live music performances by top artists, best-in-class chef-curated food experiences and entertainment that centers on speed in a way only Music City can serve up.

"The Tennessee Titans and Nissan Stadium are excited to partner with the Music City Grand Prix to bring the NTT INDYCAR SERIES to Nashville and the stadium campus," said Burke Nihill, president and CEO of the Tennessee Titans. "This is in keeping with our organizational goal of making our city, this venue and our organization as versatile and as busy as possible."

With Nissan Stadium serving as the paddock for the race, the 2.17-mile temporary track will race across the Korean Veterans Memorial Bridge into downtown Nashville and back, making the Music City Grand Prix one of the only events in motorsports to cross over a major body of water.

The first street course added to INDYCAR since 2013, it features 11 turns and plenty of straightaways for drivers to pass. These and other dynamic features will create an exhilarating experience for both drivers and fans.

“The Music City Grand Prix will be a one-of-a-kind NTT INDYCAR SERIES experience anchored in the heart of Nashville’s action-packed, exhilarating downtown corridor. Nashville is a world-class city and global entertainment capital that provides an exceptional platform for our Series. From professional sports teams and top live music acts to a burgeoning food and culture scene, it is a perfect home for a racing event of this magnitude,” said Mark Miles, president and CEO of Penske Entertainment Corp. “Urban street festivals have become a huge part of our DNA at INDYCAR and this three-day festival—complete with a course that pushes the limits—will highlight everything Nashville and the sport have to offer, providing international travelers, racing enthusiasts and local thrill seekers alike with an experience of a lifetime.”

“Nashville continues to serve as a world-class entertainment and event destination, so adding an urban racing festival of this caliber is a logical next step for the city,” said Butch Spyridon, president and CEO of Nashville Convention & Visitors Corporation. “From the 2017 NHL Stanley Cup Finals to the 2019 NFL Draft, Nashville knows how to host sporting events of all kinds while making them a party. The Music City Grand Prix underscores why Nashville was named Best Sports City in 2019, and we look forward to the national and international marketing it will bring to the city.”

The NTT INDYCAR SERIES features talented and charismatic drivers from around the globe, including legendary Scott Dixon from New Zealand, two-time Indy 500 winner Takuma Sato from Japan and Nashville’s own two-time series champion, American, Josef Newgarden.

“Nashville is a special place, and the announcement of the Music City Grand Prix truly marks a huge step forward for our community as we look to the future and a return of our thriving and unique entertainment scene,” said Nashville Mayor John Cooper. “This announcement could not have come at a better time. The event represents a tremendous private investment in the city and a catalyst to our economic recovery.”

In keeping with true Nashville community, the Music City Grand Prix has forged key partnerships in order to bring this privately funded event to fruition. Music City Grand Prix is appreciative for the collaboration with INDYCAR, the Tennessee Titans, the Nashville Convention & Visitors Corporation, Metro Government of Nashville & Davidson County, the State of Tennessee, the Nashville Sports Council and the Middle Tennessee State University School of Concrete and Construction Management.





From: [https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?gclid=Cj0KCOjw7sz6BRDYARIsAPHZrNLwTqFh5oPpSF\\_vyE-tK2E1Hjbuq5tF6qipkfChuztSnH9NyiDzlk4aApFCEALw\\_wcB](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?gclid=Cj0KCOjw7sz6BRDYARIsAPHZrNLwTqFh5oPpSF_vyE-tK2E1Hjbuq5tF6qipkfChuztSnH9NyiDzlk4aApFCEALw_wcB)

## *COVID-19 advice for the public: Mythbusters*

### **FACT: Studies show hydroxychloroquine does not have clinical benefits in treating COVID-19**

Hydroxychloroquine or chloroquine, a treatment for malaria, lupus erythematosus, and rheumatoid arthritis, has been under study as a possible treatment for COVID-19. Current data shows that this drug does not reduce deaths among hospitalised COVID-19 patients, nor help people with moderate disease.\*

The use of hydroxychloroquine and chloroquine is accepted as generally safe for patients with malaria and autoimmune diseases, but its use where not indicated and without medical supervision can cause serious side effects and should be avoided.

\* More decisive research is needed to assess its value in patients with mild disease or as pre- or post-exposure prophylaxis in patients exposed to COVID-19.

### **FACT: People should NOT wear masks while exercising**

People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

### **FACT: The likelihood of shoes spreading COVID-19 is very low**

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

### **FACT: The coronavirus disease (COVID-19) is caused by a virus, NOT by bacteria**

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses.

Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a health care provider.

There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

### **FACT: The prolonged use of medical masks\* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency**

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

\* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

### **FACT: Most people who get COVID-19 recover from it**

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first. If you have fever and live in an area with malaria or dengue seek medical care immediately.

### **FACT: Drinking alcohol does not protect you against COVID-19 and can be dangerous**

The harmful use of alcohol increases your risk of health problems.

**FACT: Thermal scanners CANNOT detect COVID-19**

Thermal scanners are effective in detecting people who have a fever (i.e. have a higher than normal body temperature). They cannot detect people who are infected with COVID-19. There are many causes of fever. Call your healthcare provider if you need assistance or seek immediate medical care if you have fever and live in an area with malaria or dengue.

**FACT: There are currently no drugs licensed for the treatment or prevention of COVID-19**

While several drug trials are ongoing, there is currently no proof that hydroxychloroquine or any other drug can cure or prevent COVID-19. The misuse of hydroxychloroquine can cause serious side effects and illness and even lead to death. WHO is coordinating efforts to develop and evaluate medicines to treat COVID-19

**FACT: Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19**

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

**FACT: COVID-19 is NOT transmitted through houseflies**

To date, there is no evidence or information to suggest that the COVID-19 virus transmitted through houseflies. The virus that cause COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or speaks. You can also become infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands. To protect yourself, keep at least 1-metre distance from others and disinfect frequently-touched surfaces. Clean your hands thoroughly and often and avoid touching your eyes, mouth and nose.

**FACT: Spraying and introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous**

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes. Bleach and disinfectant should be used carefully to disinfect surfaces only. Remember to keep chlorine (bleach) and other disinfectants out of reach of children.

**FACT: Drinking methanol, ethanol or bleach DOES NOT prevent or cure COVID-19 and can be extremely dangerous**

Methanol, ethanol, and bleach are poisons. Drinking them can lead to disability and death. Methanol, ethanol, and bleach are sometimes used in cleaning products to kill the virus on surfaces – however you should never drink them. They will not kill the virus in your body and they will harm your internal organs. To protect yourself against COVID-19, disinfect objects and surfaces, especially the ones you touch regularly. You can use diluted bleach or alcohol for that. Make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

**FACT: 5G mobile networks DO NOT spread COVID-19**

Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.

**FACT: Exposing yourself to the sun or temperatures higher than 25°C DOES NOT protect you from COVID-19**

You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.

**FACT: Catching COVID-19 DOES NOT mean you will have it for life**

Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover thanks to supportive care.

**FACT: Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from COVID-19**

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

**FACT: The COVID-19 virus can spread in hot and humid climates**

The best way to protect yourself against COVID-19 is by maintaining physical distance of at least 1 metre from others and frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

**FACT: Cold weather and snow CANNOT kill the COVID-19 virus**

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

**FACT: Taking a hot bath does not prevent COVID-19**

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

**FACT: The COVID-19 virus CANNOT be spread through mosquito bites**

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

**FACT: Hand dryers are NOT effective in killing the COVID-19 virus**

Hand dryers are not effective in killing the COVID-19 virus. To protect yourself, frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

**FACT: Ultra-violet (UV) lamps should NOT be used to disinfect hands or other areas of your skin**

UV radiation can cause skin irritation and damage your eyes.

Cleaning your hands with alcohol-based hand rub or washing your hands with soap and water are the most effective ways to remove the virus.

**FACT: Vaccines against pneumonia DO NOT protect against the COVID-19 virus**

Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against COVID-19, and WHO is supporting their efforts.

Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.

**FACT: Rinsing your nose with saline does NOT prevent COVID-19**

There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

**FACT: Eating garlic does NOT prevent COVID-19**

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

**FACT: People of all ages can be infected by the COVID-19 virus**

Older people and younger people can be infected by the COVID-19 virus. Older people, and people with pre-existing medical conditions such as asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus.

WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

**FACT: Antibiotics CANNOT prevent or treat COVID-19**

Antibiotics work only against bacteria, not viruses.

COVID-19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment.

However, if you are hospitalized for COVID-19, you may receive antibiotics because bacterial co-infection is possible.

**FACT: There are no medicines that can prevent or treat COVID-19**

To date, there is no specific medicine recommended to prevent or treat the new coronavirus.

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.



**Bernie Hamm**  
Auto Technician 'The Doctor'

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Mission, BC



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**Specializing in Sports and Vintage Cars**  
**Surgery Hours 8:30 to 5:00**  
**Monday to Saturday**

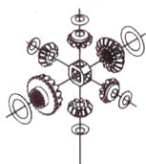


**Rear Ends Only**

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