**PRESS RELEASE**

**For Immediate Release**

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**ALCOHOLIC BITTERS NOT TREATMENT FOR COVID-19**

**Mampong – Akuapem:** Following the outbreak of COVID-19 /Corona virus in Ghana in recent days and the collective efforts of the government and people of Ghana in dealing with this disease, the Centre for Plant Medicine Research (CPMR) is concerned about social media postings alleging that alcoholic bitters could be a substitute for hand sanitizers in seeking to prevent the corona virus infections.

CPMR wishes to make it known that no herbal bitters or local gin could be a viable substitute for hand rubbing. This is due to the fact that:

* For a sanitizer to be effective in ridding the hands of corona virus, sanitizers must have 60-95% alcohol by volume, and
* That alcohol content for bitters on the market is often less than 45%.

Thus, clearly, such bitters and their alcohol contents are inadequate as a sterilizing measure against COVID-19.

CPMR also wishes to place on record that no known medicinal plant, or herbal product or local gin has, at yet, been proven to be efficacious against COVID-19..As a research centre of excellence, however, we are engaging with our various partners and stakeholders including the Ministry of Health and Traditional Medicine Practitioners to explore research opportunities in the fight against COVID-19 using herbal medicine.

CPMR hereby advises the public to be mindful of false information and also adhere to the Ghana Health Service guidelines regarding COVID-19.

These guidelines include:

* Frequent cleaning of hands with soap under running water or the use of alcohol-based sanitizers.
* Covering cough with a bend of the elbow or tissue paper.
* Maintaining a distance of at least one meter from people coughing or sneezing
* Regular physical activities
* Regular intake of water and
* Lastly, ensuring personal hygiene.

***Signed***

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***The following officials are available to comment on this release***

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**The Centre for Plant Medicine Research (CPMR) is a centre of research excellence with a mandate of providing leadership in plant medicine research in Ghana. It was established in 1975 as an agency of the Ministry of Health and aims at making herbal medicine a natural choice for all.**

**For further enquiries visit**[**www.cpmr.org.gh**](http://www.cpmr.org.gh/)**or contact: 0200513947**