

Oral Rinse and COVID-19 Prevention

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Abstract

COVID-19 prevention is very important at present. There are several preventive measures and some are already proven not effective. Here, the authors discuss on a simple preventive measure via oral rinse. Indeed, oral cleaning has a long history and is also a religious rule. The new scientific evidence also showthat oral rinse is a good method to help prevent COVID-19.

Keywords: COVID-19, oral, rinse.

Introduction

COVID-19 prevention is very important at present. There are several preventive measures and some are already proven not effective. For example, facemask might not be able to preventthe small virus. A non-inhale form COVID-19 vaccine might also not effective in generating secretory immunoglobulin in respiratory tract for early prevention of SARS CoV2. Alcohol spray or using water for washing place might also cause negative disadvantage. It might generate aerosol and cause possible disease spreading under humid condition due to nature of possible airborne disease. Here, the authors discuss on a simple preventive measure via oral rinse. Indeed, oral cleaning has a long history and is also a religious rule. The new scientific evidence also showthat oral rinse is a good method to help prevent COVID-19.

Oral rinse concept as sanitation

Oral rinse has been practiced for a very long time. In Islamic principle, oral rinse and nasal irrigation for cleaning before religious practice is a rule and it is practiced 5 times per day. According to Islamic concept, "*Holly Prophet Muhammad s.a.v.s. recommended entire hygiene of teeth, gums, through tooth brushing and washing mouths by water three times*[1]."
The development of new oral cleansing agent is the advent in oral science. Regarding efficacy of oral rinse against COVID-19, some evidences support for advantage [2 – 4]. Casale et al. mentiond that "*Oral rinse with antimicrobial agents is efficacious in reducing the viral load in oral fluids*" and concluded that "*We advocate the inclusion of SNIs and ethanol oral rinses as additional measures to the current public health measures, to prevent and control the transmission of any respiratory infectious disease, including COVID-19* [2]."
Vergara-Buenaventura et al. noted that "*Although there is still no clinical evidence that they can prevent the transmission of SARS-CoV-2, preoperative antimicrobial mouth rinses*

with chlorhexidine gluconate (CHX), cetylpyridinium chloride (CPC), povidone-iodine (PVP-I), and hydrogen peroxide (H₂O₂) have been recommended to reduce the number of microorganisms in aerosols and drops [3]”

Conflict of interest: None

References

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