

- There are scores of studies showing nasal sprays wash pathogens from your nose--just like hand washing only better for respiratory infections like COVID-19.

See, e.g., Casale, Manual, et al., Could nasal irrigation and oral rinse reduce the risk for COVID-19 infection?, Int J. Immunopathol Pharmacol. 2020 Jan-Dec; 34: 2058738420941757, available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7436790/>

- **There is new data that some nasal sprays are anti-viral (they block COVID-19 infections in the nose) and virucidal (they actually kill and/or deactivate the virus)--meaning they protect you from getting sick.**

Cannon, Mark, et al., In Vitro Analysis of the Anti-viral Potential of nasal spray constituents against SARS-CoV-2, available at <https://www.biorxiv.org/content/10.1101/2020.12.02.408575v3.full> (this study uses both in vitro analysis and electron scanning imagery to determine the mode of action whereby these compounds counter SARS-CoV-2).

Bansal, Shruti, et al, Iota-Carrageenan and Xylitol Inhibit SARS-CoV-2 in Cell Culture, bioRxiv (Aug. 21, 2020), available at <https://www.biorxiv.org/content/10.1101/2020.08.19.225854v1>

Ferrer, Gustavo, et al, A Nasal Spray Solution of Grapefruit Seed Extract plus Xylitol Displays Virucidal Activity Against SARS-Cov-2 In Vitro, BioRxiv (Nov. 25, 2020), available at <https://www.biorxiv.org/content/10.1101/2020.11.23.394114v1.full>

Ferrer, Gustavo, et al., In Vitro Analysis of the Anti-viral Potential of Nasal Spray Constituents Xylitol and Grapefruit Extract plus against SARS-CoV-2, forthcoming in Journal Virus Research.

- There is a new study out of Columbia Univ. showing nasal sprays prevented COVID-19 infections in animals (which is how we initially test medical drugs and devices) exposed to the disease.

Proud, Pamela, et al, Prophylactic Intranasal Administration of a TLR2 Agonist Reduces Upper Respiratory Tract Viral Shedding in a SARS-CoV-2 Challenge Ferret Model, EBioMedicine doi: 10.1016/j.ebiom.2020.103153, available at <https://www.biorxiv.org/content/10.1101/2020.09.25.309914v1.full>

- There is a new study that one such spray, Xlear, helped **lessen the severity of COVID-19 and shortened the time of sickness for people who were already sick and had co-morbidities.**

Go, Camilla, et al, (November 03, 2020) Potential Role of Xylitol Plus Grapefruit Seed Extract Nasal Spray Solution in COVID-19: Case Series. Cureus 12(11): e11315. doi:10.7759/cureus.11315, available at <https://www.cureus.com/articles/43909-potential-role-of-xylitol-plus-grapefruit-seed-extract-nasal-spray-solution-in-covid-19-case-series>

- Nasal sprays like these have been sold in the US for over two decades and been used by millions of people around the world--without any adverse reports.
- **Nasal sprays like these are available at your local store. They are cheap, safe, noninvasive, easy to use.**

Nasal sprays should be a layer in protecting yourself and others from COVID-19. You should still wear a mask, social distance, wash your hands, avoid crowds and follow public health guidelines, but nose sprays add one more layer of protection to keep you and your family safe.