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**THE USE OF POVIDONE IODINE NASAL SPRAY AND MOUTHWASH
DURING THE CURRENT COVID-19 PANDEMIC MAY PROTECT
HEALTHCARE WORKERS AND REDUCE CROSS INFECTION**

RATIONALE

- ▶ Povidone Iodine has higher virucidal activity than chlorhexidine and benzalkonium chloride
- ▶ Demonstrated against MERS and SARS
- ▶ Concentrations of 0.23% for 2 minutes reduced viral activity to undetectable levels
- ▶ Povidone is well-tolerated, but can cause teeth yellowing and hypersensitivity reactions
- ▶ No studies demonstrating efficacy against SARS-CoV-2



- ▶ Protocol is proposed for all suspected and confirmed COVID19 patients admitted in the hospital, as well as HCW interacting with these patients as a form of PPE
- ▶ 1:20 diluted solution of 10% Povidone iodine in sterile water to yield a 0.5% solution
- ▶ 0.3mL in each nostril using an atomizing device = 0.33mg of Iodine
- ▶ 9mL orally gargled in conscious patients and HCW, or oral care sponge soaked in 2mL of solution for unconscious patients = 1.1 mg max dose
- ▶ To be repeated q3-6hrs, up to 4 times per day, depending on frequency of interaction/exposure