IAE provides the following information of the epidemic prevention for the reference:

President of IAE, B. Gusev checked with the Russian experts about the use of soap to clean the nose.

As noted in Rospotrebnadzor (an authorized federal executive body that exercises control and supervision functions in the field of ensuring the sanitary and epidemiological well-being of the population of the Russian Federation), infections are spread by airborne droplets. At the same time, sputum microparticles with pathogens retain the ability to become infected from several hours to several days. They can be in the air or stay on a variety of surfaces. During this period, need to pay special attention to the removal of pathogens from the surface of the nasal cavity and throat.

Wash the nose with soap is not recommended. If the soap solution enters the nose, then the nose will have a burning sensation, itching.

The best option would be frequent hydration of the mucous membranes. You can buy a ready-made solution for washing the nose in the pharmacy or put humidifiers.

Preparations for the disinfection of the throat, mucous membranes of the nose and eyes (the path of infection) and the prevention of coronavirus include:

- Throat spray - Miramistin, Chlorophyllipt, Aqualor (irrigate the back of the throat every 4-6 hours);

- Aerosols and drops for the nose - Grippferon, Derinat (3-5 drops in each nasal passage);

- Rinse solution - Panavir, Dekasan, Yodangin (30 ml 2-3 times a day);

- Aquamaris, Physiomer (which are used after going to a crowded place);

- Eye drops - Okoferon, Ophthalmoferon 2 drops 2 times a day.

TCIAE: The above information is for reference only, you can consult doctors.