COVID-19 and Sweat Lodges

What We Know About Temperature and Coronaviruses

- The low and high temperatures that kill SARS-CoV-2 (the virus that causes COVID-19) have not yet been determined. Studies show that temperatures high enough to inactivate other types of coronaviruses can range from 130°F to as high as 160°F.1
- The temperature to kill a virus is dependent on the material of the surface on which the virus lies, the surrounding environment and other factors.
- Humans’ internal body temperature can only be raised or lowered safely by a few degrees. A raised body temperature may provide some benefits to the immune system, however certain infections may be aided by increased body temperature.2,3 The effect of body temperature on COVID-19 is not known.
- Once infected, viruses are protected in your cells and do not respond to temperature extremes.4
- Temperatures of sweat lodges vary widely and not enough is known about the temperature that can kill SARS-CoV-2 on surfaces.
- The effect of body temperature on COVID-19 is not known.
- Sweat can rid the body of some substances, but not viruses such as SARS-CoV-2.
- In some traditions, people sweat together in a group, making physical distancing difficult, and thereby increasing the risk for all involved.

Sweat Lodges

While the benefits of sweat lodges are many and holistic, using a sweat lodge to prevent or treat COVID-19 may not produce the desired results.

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References and Resources

1 https://www.who.int/csr/sars/survival_2003_05_04/en/
2 https://www.medicalnewstoday.com/articles/321889