

# Saunas & coronavirus

## Your questions, answered

*"If higher temperatures may help slow the virus and pneumonia is a sticky, wet infection, could saunas be useful, in hospitals or by individuals, for treating covid-19?" —Sherry Rhodes, California*

The bottom line answer to this question is **no** — **saunas, steam rooms and hand dryers are not effective in killing the coronavirus.**

Perhaps the myth grew out of reports that the spring and summer seasons could mark a retreat in the outbreak. Or maybe it came from the idea that higher temperatures can kill viruses on surfaces. But those things do not translate into being able to kill the virus in your own body using heat or steam.

According to the World Health Organization, coronavirus [can be transmitted in hot and humid climates](#). (It lives just fine [in cold temperatures](#), too.) **So if someone who is infected spends time in a sauna or a steam room with other people, all they are doing is spreading the virus to others.**

When you think about the science, it makes sense — even if there was a specific high temperature at which coronavirus couldn't survive, **sitting in a sauna is not going to raise your internal body temperature to that level.** If it did, you probably wouldn't survive the sauna.

The best way to prevent getting the virus, or spreading it to others, is to maintain physical distancing; wash your hands frequently with soap and water; avoid touching your eyes, nose and mouth; and cough and sneeze into your elbow.

--*Washington Post*, 2020-03-31