



Some studies suggest that some compounds found in garlic might benefit general health, and improve the non-specific, innate component of the immune response. However, most such studies are poorly controlled in terms of dose composition and amount, efficacy, placebos, sample size, or

have other methodological issues. For example, although many trials have been conducted to test the effect of garlic on common cold, an independent assessment found that only one trial was well controlled; and even this study administered a dosage equivalent to as many as 10–30 cloves of garlic per person per day. Also, studies on the efficacy of purified compounds or garlic extracts cannot easily be generalised to the dietary consumption of garlic. In summary, the evidence suggesting that garlic can improve immune function is weak.

By all means, one may consume garlic to help maintain good health, which is associated with good overall immunity. However, there is no evidence proving that these general healthy choices are sufficient to cure or build preventive immunity against COVID-19.

Notes:

1. These responses were first published on the Indian Scientists' Response to CoViD-19 (ISRC) website.
2. Source of the image used in the background of the article title: <https://pixabay.com/photos/coronavirus-corona-virus-covid-19-4958989/>. Credits: thiagolazarino, Pixabay, License: CC-0.

Indian Scientists' Response to CoViD-19 (ISRC) is a group of more than 500 Indian scientists, engineers, technologists, doctors, public health researchers, science communicators, journalists and students who voluntarily came together in response to the COVID-19 pandemic. This group can be contacted at indscicov@gmail.com.

WILL SPRAYING BLEACH ON SOMEONE WHO MIGHT BE INFECTED DESTROY SARS-CoV-2?

Bleach (sodium or calcium hypochlorite) is a common, inexpensive, generally safe, and widely used disinfectant. It can be used to disinfect virus-contaminated external surfaces. Very dilute solutions of bleach (0.05% concentration) can be used to disinfect hands when soap/water are not available.

However, spraying it (or any other chemical disinfectant)

on people or groups of people (in disinfection tunnels, for example) is not recommended. This is because using bleach to spray the exterior of the body of a person infected with SARS-CoV-2 does not destroy the virus inside their bodies. Instead, bleach solution, even as dilute as 0.05%, can cause inflammation of the skin (dermatitis) and asthma. At concentrations higher than 1%, this solution can irritate the eyes, throat, and skin.

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