

Health advisory: COVID-19 Sauna Use



Safe use of saunas and steam baths to prevent spread of respiratory infection, including COVID-19

With COVID-19 continuing to spread through our communities, there are health considerations for the safe use of saunas and steam baths. DHHS and ANTHC collaborated to offer health guidance for safe use of these facilities to prevent spread of respiratory infection.

Safe use of saunas and steam baths to prevent spread of respiratory infection

- Anyone with cold, flu or COVID-19 symptoms should sauna alone, regardless of test results, and use only personal saunas, not public or community shared ones.
- Anyone with a positive case of COVID-19 or confirmed close contact with a positive case should sauna alone during their isolation or quarantine period, and use only personal saunas, not public or community shared ones.
- The use of saunas or steam rooms should be limited to the people in a person's social bubble. For shared facilities, advance sign-up times may be helpful to manage access. Between each use, waiting an hour with sauna vents open should provide sufficient time for air circulation to remove most virus.
- Avoid congregating in waiting or changing areas and keep fresh air moving through that space.

Cleaning and disinfecting

- In steam rooms or steam baths, the room should be cleaned between user groups. At a minimum, all touchable surfaces should be cleaned with a disinfecting agent capable of killing COVID-19.
- If possible, heat the sauna after use for 30 to 60 minutes at 160 degrees or higher.
- Bringing the sauna temperature to at least 160 degrees throughout the space, including floor areas, should be effective to disinfect any virus. Temperatures should be monitored by placing a thermometer near the floor, which is generally the last area to heat up and where the lowest temperatures can be found.
- Clean high-touch surfaces such as door handles, light switches, and control knobs with a disinfectant approved for use against COVID-19 prior to heating and using the sauna, following the manufacturer's recommendations for disinfection.
- If possible, increase ventilation in the sauna or steam room so that more outside air is cycled through the space. This should be possible by opening all vents to increase air movement.



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