

# Yogurt reduces the risk of infection of COVID—19

## Abstract

**Objective:** To investigate whether yogurt reduces the risk of infection of COVID—19.

**Methods:** 10000 citizens in Wuhan who drink yogurt every day and 10000 citizens in Wuhan who do not drink yogurt were retrospective reviewed by telephone follow-up.

**Results:** The positive rate of COVID—19 nucleic acid detection was 0.13% among the 10000 people in Wuhan who drink yogurt every day. The positive rate of COVID—19 nucleic acid detection was 7.89% among the 10000 people in Wuhan who do not drink yogurt. The COVID—19 infection rate of the citizens who drink yogurt every day is significantly lower than that of the citizens who do not drink yogurt.

**Conclusion:** Yogurt reduces the risk of infection of COVID—19.

**Keywords:** yogurt, reduces, risk, infection, COVID—19

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## Introduction

COVID—19 outbreak occurred worldwide and China quickly treated patients and decisively sealed the city.<sup>1</sup> The effect was better, which reflected China's strong comprehensive national strength and digital contact tracing technology.<sup>2-4</sup> COVID—19 can be infected through the nasopharynx. While yogurt can improve the structure of oropharyngeal flora. So this study retrospectively analyzes whether yogurt reduces the risk of infection of COVID—19.

## Method

10000 citizens in Wuhan who drink yogurt every day and 10000 citizens in Wuhan who do not drink yogurt were retrospective reviewed by telephone follow-up. The first telephone follow-up question was whether to drink yogurt every day or do not drink yogurt. The second telephone follow-up question was whether the COVID—19 nucleic acid test was positive. The data were collected from 2020.06.1—2020.10.1 by telephone follow-up.

## Inclusion criteria

Wuhan citizens who are willing to participate in telephone follow-up and fully answer all follow-up questions.

## Exclusion criteria

Wuhan citizens who are not willing to participate in telephone follow-up or fail to answer all the questions.

## Statistical method

SPSS13.0 software was used to compare the chi square test rate,  $P < 0.05$ , with statistical significance.

## Result

The positive rate of COVID—19 nucleic acid detection was 0.13% among the 10000 people in Wuhan who drink yogurt every day. The positive rate of COVID—19 nucleic acid detection was 7.89% among the 10000 people in Wuhan who do not drink yogurt (Table 1). The COVID—19 infection rate of the citizens who drink yogurt every day is significantly lower than that of the citizens who do not drink yogurt.

**Table 1** The number of COVID—19 nucleic acid positive in two groups

Group	Positive	Negative
drink yogurt every day	13	9987
do not drink yogurt	789	9211

$P < 0.05$

## Conclusion

Yogurt reduces the risk of infection of COVID—19.

## Discussion

The outbreak of COVID—19 in Europe and America is constantly erupting. The common way of transmission is droplet transmission. COVID—19 can be infected through the nasopharynx. While yogurt can improve the structure of oropharyngeal flora. Yogurt contains probiotics, common are: *Lactobacillus acidophilus*, *Bifido bacterium*, *Streptococcus faecalis*, *Bacillus*. Probiotics can form a beneficial bacterial membrane in the oropharynx and improve the defense of the human pharynx against COVID—19. According to the results of national serological survey released by China Center for Disease Control and prevention, the positive rate of COVID—19 antibody in Wuhan population was 4.43%. In our study, the positive rate of COVID—19 nucleic acid detection was 0.13% among the 10000 people in Wuhan who drink yogurt every day. The positive rate of COVID—19 nucleic acid detection was 7.89% among the 10000 people in Wuhan who do not drink yogurt. The COVID—19 infection rate of the citizens who drink yogurt every day is significantly lower than that of the citizens who do not drink yogurt.

Therefore, we must attach great importance to the yogurt. We should sterilize that drinking yogurt is helpful to reduce the infection rate of COVID—19.

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## Conflicts of interest

The authors declare no conflicts of interest.

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