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An oral cavity care method that enables oral cavity care with a fine ozone bubble liquid, appropriately controls the diameter and concentration of fine bubbles, enables a fine ozone bubble liquid to be stored for a long period of time and has odor component decomposition effect and antiviral effect in addition to the sterilizing effect is provided. The oral cavity care method uses a fine ozone bubble liquid, characterized in that a stock solution of the fine ozone bubble liquid has ozone gas concentration of 100 ppm or more, even if ozone gas concentration of the fine ozone bubble liquid is diluted to 4 ppm or less, the fine ozone bubble liquid has a sterilizing action, the fine ozone bubble liquid has ozone gas concentration of 4 ppm or more after frozen storage for one year or more, and in addition to the sterilizing action, the fine ozone bubble liquid has an odor component decomposition action and an antiviral action.