

CORONAVIRUS DISEASE (COVID-19)

CORONAVIRUS PREVENTION



A 25-POINT CHECKLIST

FOR WHEN YOU LEAVE THE HOUSE

A. Leaving home

1. Don't wear anything from the elbow down.

Many of us prepare to go out all covered up and dressed like a ninja — which is still a good precaution. But Dr. Griggs says not to put on any arm wear, like a watch and other jewelry, from the elbow down.

"You want to be able to wash thoroughly when you get home and you don't want to deal with crevices in these items. Wear short sleeves so you can easily wash your hands and forearms when you get home," he says.

2. Don't bring a wallet or handbag.

The point is to take as few items outside as possible. That said, instead of bringing your entire collection of keys, just take the one you need. Any other personal belongings, like medicine or alcohol, must be placed inside a disposable paper bag.

3. Put your phone inside a resealable plastic.

As much as possible, avoid using your phone while you're out. Discard the resealable plastic or wash it thoroughly when you get home.

B. While out

10. Don't use your phone unnecessarily.

"No social media. You can manage without it for a while," says Dr. Griggs.

11. Don't touch your face.

12. Don't touch anything with your hands that you don't absolutely need to.

13. Be wary of frequently-touched items.

Just assume that anything other people touch is contaminated, such as doorknobs, handrails, elevator buttons, supermarket carts, pens at the cashier, ATM keypad, etc.

14. Disinfect your hands regularly.

Use liberal amounts of alcohol or hand sanitizer to decontaminate, or use soap and water if available. Dr. Griggs says, "Hand washing is the most effective."

C. Arriving home

Remember, no hugs or close greetings yet!

19. Bring the items you bought out of the car.

Bring out your personal belongings as well (the ones in the plastic box).

FOR TIPS ON HOW TO SANITIZE GROCERY ITEMS:

Get rid of an item's packaging and transfer the content into a clean container.

For cereal boxes, for example, get rid of the box and keep the inner plastic bag. Transfer fresh bread in a clean container without having to touch it so you can dispose of the bag. Transfer takeout food into clean plates, including sauce packets. Dr. VanWigen advises heating takeout food in the microwave for a minute or two before consuming them.

Spray disinfectant on the outside packaging or on items that come in plastic or thick containers or wipe them down with a towel soaked with disinfectant.

This is best for juice tetra packs, food that comes in sealed bottles or sachets you intend to use much later, or medicine packets and bottles. Dr. VanWigen stressed that you need to wipe down more liberally the parts of an item that human hands have touched more often.

Fresh produce should be washed thoroughly with water.

Take the fruits or vegetables out of the bag and place them straight into a bin filled with water. Dispose of the bag and wash fresh produce thoroughly and then pat fruits and veggies dry before putting it in the fruit basket. You can do this also for raw meat.

*For fresh produce sealed in a vacuumed bag, you can just wipe the bag thoroughly with a towel soaked with disinfectant before putting them in your refrigerator's crisper

To minimize the possibility of being a carrier of the virus

By *Dr. Bill Griggs*, the former trauma services director of The Royal Adelaide Hospital, the largest hospital in South Australia

4. Put your credit card, ID and cash in a resealable bag, too.

5. Use closed shoes.

Avoid open-toe shoes or sandals. And only wear them as you leave.

6. Bring your own food and drink — in a disposable bag, of course.

7. Place an empty plastic box outside your door.

You will need this when you get home.

8. Put all your personal items in another plastic box.

This is the one you take with you, and will occupy that one spot in the car. (So don't move it around).

9. Plan your trip.

Do all your errands in one go — to buy medicine, buy grocery items, etc — to maximize your trip.

15. Push doors using your feet, elbow, or shoulder.

16. Resist the urge to scratch that itch.

If your face itches, use your upper arm to rub it.

17. Avoid eating out.

"It is almost impossible not to touch your face when you eat. No drinks unless you brought them with you."

18. Avoid cash payments.

Money gets passed around a lot so it's highly possible that one could get the virus this way too. Use contactless payment, and if you need to push some buttons to enter your PIN, use your ring finger rather than your index finger or thumb.

20. Transfer the contents of the plastic box into the other box you prepared by the door.

Just the contents — you need to throw away the bag they came in.

21. Remove your shoes and leave them outside your door.

22. Wash your hands thoroughly.

23. Clean the items in the home box one at a time.

Place in another container the things you've finished cleaning. Then clean the plastic box.

24. Clean the car.

Pay close attention to the door handle, steering wheel, gear shift, seat belt. Clean the plastic box, too.

25. Have a sanitation station outside your home.

Make soap, alcohol, and disposable paper towels available by the faucet. Again, wash your hands thoroughly. It's good to be a germaphobe these days.

In addition, we'd like to add that you should avoid touching anything on your way inside the house. Go straight into the shower and place the clothes you were wearing inside a resealable bag. These should be washed and disinfected separately.