

## **AVOIDING COVID (CORONAVIRUS)**

Use Apply Pay or Google Wallet on your smart phone! Turns out this is actually more secure than using plastic plus you don't have to carry around all those cards and a wallet that increases the chance you will contaminate your wallet or purse when shopping. All you need is your phone and it requires 2 step verification, which is a good thing. One less thing to worry about or sanitize when you get home.

Carry a stylus at all times to avoid interacting with touch screens. I keep one in my purse and in my car and never use a touchscreen without it. As soon as I am home I disinfect it! These touch screens are utilized by so many people throughout the day and no one seems to think of these. We are careful to use plastic but what about the touch screen. At a recent visit to a Walgreens Pharmacy (where sick people go often) they admitted they are "gross" but do "try to" clean them a couple of times a day. Try to clean them???. Really now does it not only takes minutes to do so to protect customers and employees. A couple of times a day – they have got to be kidding. I am constantly amazed at why they do not provide sanitizing wipes right next to the machine so customers may clean as needed or at will to protect themselves. Hannaford's wants you to input your phone number but too cheap to provide sanitizing wipes at each and every screen as it true of every other store I have visited lately.

You may have to touch a dirty touchscreen if you venture out for a cup of coffee or a grocery store. Luckily, owning a stylus pen cost little and can eliminate the need to drag your fingers across screens that thousands of people have already touched. Of course, this means you need to keep your stylus pen clean too!

Launder your money – yes literally! China cites the use of paper money as a possible major source of transmission during the outbreak. Italy is a huge user of paper money vs. plastic. I soak any cash, which thankfully I rarely have, in 99% isopropyl alcohol over night, which has not harmed the cash yet.

Stop taking your purse with you in a store. All of us that carry a purse know this, we put in the shopping cart, we place it on the register while digging out cash (yuck!) or digging out that credit card and who knows what else. As mentioned above use Apple Pay or Google Wallet so you don't have to remember to disinfect the outside of your purse too.

Disinfect credit cards you used in the store, but you don't have to if you do the above. COVID 19 can survive on plastic up to 3 days, so clean those cards with a disinfectant that is at least 60% alcohol. I clean mine, when I used to use them, with straight 91% or 99% alcohol.

Are you someone that often touches your face and can't seem to stop? Well, I found this tip, that should stop that quick. After you wash your hands rub onion on your finger tips. I may just do this – sure it won't smell good but who the heck cares!



For the love of God, you must clean your phone just as you sanitize your hands often. I do mine every time I use it in a public place as soon as I get to my car, which of course has hand sanitizer in it. I rub hand sanitizer all over my phone, but I am going to start carrying a spray bottle of disinfectant in my car to for this purpose.

## PROPER HAND WASHING TECHNIQUE

We all know how to wash our hands by now – correct? Well maybe? Are you removing **ALL of your jewelry first**? Are you forgetting or have a hard time cleaning the underside of your fingernails? To get this area clean, once your hands are all lathered up, use your palms to rub the underside of your finger nails. Actually, as much as I hated to do it, it is best to cut those nails short to avoid any germs getting underneath.

- **Apply a palmful of hand rub in a cupped hand and cover all surfaces**



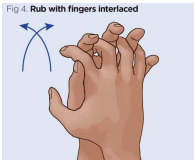
- **Rub hands palm to palm**



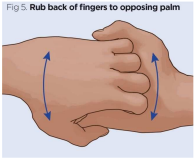
- **Rub back of each hand with palm of other hand with fingers interlaced**



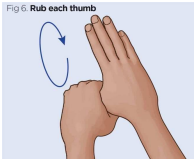
- **Rub hands with fingers interlaced**



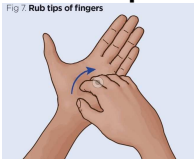
- **Rub with back of fingers to opposing palms with fingers interlocked**



- **Rub each thumb clasped in opposite hand using a rotational movement**

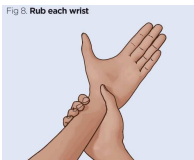


- **Rub tips of fingers in opposite palm in a circular motion**



**This is an important step that is often overlooked.**

- **Rub each wrist with opposite hand**



- **Once dry, your hands are safe (20-30 seconds).**