

COVID-19 Prevention Suggestions for Non-Clinicians

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Abstract

Due to the impending COVID-19 (Corona Virus Infections Disease 2019) outbreak in the united states, I have created a collection of basic safety suggestions for non-clinicians. This is a compilation of information found on the internet, as well as my own suggestions all sources will be linked in random format. These suggestions are based on moderate risk of disease contraction. These suggestions have a goal of greatly reducing, if not fully removing the risk of disease transmission and contraction, not to simply mildly mitigate the threat as many suggestions do.

1. Disease Information

The Current death rate is 2%, this is 20 times the death rate during a bad flu year. It is suspected that the virus transfers mainly from touching hard surfaces that have the virus on it, and secondarily from small droplets in the air that contain the virus being transmitted from people coughing or sneezing. The “in-air range” of the virus is estimated to be 6-8 feet. The surface lifetime is estimated to be a minimum of 48 hours. Studies confirm that it lasts 96 hours on phone screens, but it is likely that it lasts up to 9 days on most hard surfaces. The virus seems to be susceptible to hot weather/heat and therefore is likely to hit its peak next fall, after dying down slightly during this summer. The current estimates place the infection rate for the united states at under 55% of the population (Nyt).

1.1 Surface contamination – Hard Surfaces

Bleach, Clorox Wipes, Lysol, 70% Alcohol, Hydrogen peroxide and Heavy Anti-bacterial (Dish Soap that works on oils + Lactic Acid) all work well to kill corona virus. Bleach and Clorox wipes are the recommended methods, 70% alcohol wipes or alcohol in liquid form also work well if something cannot be wiped down with clorox. Hydrogen peroxide is a 50/50 chance, and degreasing dish soaps with Lactic acid work in theory, by breaking down the outer shell or “Jacket” that protects coronavirus, however it is not recommended that dish soap be your only method for cleansing, especially in areas where Bleach, Clorox wipes, Alcohol, or Lysol are available.

Remember, when using clorox wipes and lysol, that these products work best when there is wet contact with the surface for 10 seconds. Also remember that Lactic-Acid dish soaps only work after having wet contact for two minutes. Remember to rinse surfaces that have been bleached. Here are some common devices and scenarios in which these products should be used.

1. Daily wipedown using Clorox Wipes.

As a rule of thumb for this list, make sure to wipe down anything that has been set on a non sterile surface, touched by unsanitized hands, or has been used in succession to touching something that has not been sanitized (Touching office building door, then getting into car, potential contaminations: Keys, Car Door handle, steering wheel, start button, gear shifter, etc)

- Cellular Phone (As often as needed)
- Front Door Doorknob
- Doorbell
- Car Door Handles (the ones you use)
- Work laptop
- Credit Cards
- Car keys

2. Weekly Wipedown using Clorox Wipes.

- All Doorknobs
- Light Switches
- Computer Keyboard
- Tablet/Laptop
- Wrist Watch
- Purse/Pocket Book

- Kitchen Countertops
- Alarm Keypad.

1.1.1 Surface Contamination – Porous

surfaces. Lysol does not work on porous items such as clothing. Bleach and Alcohol, as well as Clorox wipes may damage clothing. Clothing has a high risk for contracting the virus due to it being in contact with hard surfaces in shared community areas (such as classrooms, Churches, public transit, etc). Although the virus has a shorter lifetime on porous objects (minimum 8 hours, maximum 2 days), it still presents a high risk. Viruses like the coronavirus can be easily transmitted by washing clothes in public washing machines, as well by using your own washing machine when using non-antibacterial/anti-viral soaps. Those who work in healthcare, education, use public gyms, or use public transit are at high risk. It is highly recommended that you wash clothes worn in public separately from the rest of your clothes and use a Color-Safe product such as Lysol Crisp Linen Scented Laundry Sanitizer. This product will kill corona virus, is an additive, and therefore does not replace your laundry detergent and is safe for children and sensitive skin.

1.2 Hand Cleanliness - It is recommended that hands be washed using standard soap for 15 seconds whenever possible, especially after touching greasy surfaces, Urine or feces, Vomit, or other substances which are partially resistant hand sanitizer. I personally recommend using anti-bacterial and non-triclosan hand soap at home, especially before Eating, playing with kids, after playing with pets or using the bathroom, and especially after coming home from work/school or other outside activities. Furthermore, before leaving for work/school or other outside activities I strongly recommend using Hibiclens, an antiseptic hand soap that creates a persistent anti-bacterial effect that lasts for between 6-24 hours. To use this hand soap, wash slightly past wrists for two minutes to allow the antibacterial field to bind to the skin. Finally, throughout the day, I cannot stress enough the importance of continuous hand sanitization with 70% alcohol. Purell makes a good product that also moisturizes the hands, they also sell refill containers at cheaper prices. I recommend using this multiple time per hour.

1.3 PPE in public spaces – We have all seen people wearing masks in public. The only masks that work at

present are N95 masks. In making your decision whether to wear a mask or not, it's important to remember that the virus does not last in the air for more than 8 feet and it is believed that it actually only lasts in the air 6 feet. N95 masks have a lifetime of 8 hours (actual use). Therefore, with these facts in mind it is recommended that you only use masks when in close proximity to other people such as when using public transit, in a classroom or office environment, or in very dense urban area. Secondly, it is recommended that when shopping you use latex gloves to prevent contamination of both hands and cross contamination of products. It is also wise to wash any fruits or vegetables, as well as to wipe down cereal boxes and other packaged food open on shelves.

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