

COVID-19 EDUCATION SHEET

COVID-19 virus is not a living organism like bacteria, but a protein molecule covered by a protective layer of fat, which, when absorbed by the cells of the mouth, nose or eyes, transforms and converts them into multiplying cells. Therefore, you cannot kill it with antibiotics and it must disintegrate on its own depending on the temperature, humidity and type of material where it lies such as;

HEAT (25 Celsius): melts the virus fat

ALCOHOL (65%): dissolves any fat

CHLORINE (20%): dissolves the protein

PEROXIDE: dissolves the virus protein

UV Light: breaks down the protein

Respiratory viruses like this are generally transmitted by droplets sprayed out when an infected person sneezes, coughs or sometimes just when they talk. Never shake clothing or fabric materials since the virus molecules can float in the air for up to 3 hours and lodge in your nose, mouth or eyes. While it is glued to a porous surface, it disintegrates within;

3 hours (FABRIC & AIRBORNE)

4 hours (COPPER & WOOD)

8 hours (SURGICAL GLOVES & ALUMINUM)

2 days (CARDBOARD)

3 days (METAL & PLASTIC)

4 days (PAPER & GLASS)

Coronavirus is very fragile since it's only protected by a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

KEEP HANDS MOISTURIZED so to prevent the virus from hiding in the micro skin cracks.

KEEP NAILS SHORT so that the virus does not hide under the nail.

RUBBING ALCOHOL & HAND SANITIZERS MUST HAVE 65% alcohol content in order to be extremely effective.

VINEGAR, LISTERINE, VODKA & SPIRITS are NOT USEFUL because the strongest has 40% alcohol and you need 65%

THE PROPER USE OF GLOVES

Wearing gloves may be useful in protecting yourself during the COVID-19 Pandemic, BUT ONLY if you use them appropriately. Here are some guidelines to properly use gloves.

1. Wash, or sanitize your hands before putting on the gloves.
2. DO NOT touch your face (or your mask) while you have gloves on.
3. DO NOT touch any personal items such as phone, purse, glasses, keys, wallet.
4. As soon as you touch anything consider your gloves contaminated. This means anything you touch afterwards becomes contaminated (this is why you should NOT touch your face or personal items).
5. If you puncture your gloves, or have a hole in them, remove them and dispose of them immediately. Wash your hands. Put on a new pair.
6. Remove your gloves AS SOON AS you are done with their immediate use. Remember that gloves are single use. This means that you need remove your gloves when you complete a task.
7. If you use gloves for shopping, remove them when you are done handling your cart and items. DO NOT open your doors or drive with your gloves.
8. Dispose of your gloves immediately upon removal.
9. Wash or sanitize your hands IMMEDIATELY after removing your gloves, as you can contaminate your hands while removing the gloves.



THE PROPER USE OF MASKS

Wearing a mask may be useful in providing some protection for yourself and others during the COVID-19 Pandemic, BUT ONLY if you use them appropriately.

Here are some guidelines to properly use masks:

1. Wash or sanitize your hands before putting on your mask.
2. Pick up and handle the mask by the ear loops (or ties). Pleats of the mask must face down. Nose bendable edge on top and colored portion facing out.
3. DO NOT touch the cloth or fabric portion of the mask itself.
4. Ensure that the mask is covering your nose and is secured below your chin.
5. Seal the mask at the bridge of the nose by pinching the bendable edge.
6. Once the mask is on, DO NOT touch it for ANY reason. Once you touch your mask it is contaminated. Anything that was on your hands is now on your mask. Change your mask.
7. If your mask becomes damp, it is no longer protecting you. You need a new mask.
8. Wash or sanitize your hands before removing your mask.
9. Remove your mask using the ear loops (or ties). Do not touch the cloth or fabric portion.
10. Dispose of the mask immediately. If you have a re-useable mask, wash it ASAP.
11. DO NOT lay your mask on other surfaces, your car seat or put it in your pocket.
12. Wash or sanitize your hands again after removing your mask.

