Useful Information to Help you Protect Yourself from Coming in Contact with COVID-19.

Researchers are still learning about the COVID-19 virus, but there is some suggestion that the virus can live on different surfaces for varying amounts of time – some up to several days.

According to the NIH (National Institutes of Health) the coronavirus is detectable:

- in aerosols for up to three hours – for example, sneezes, coughs (this is still under investigation)
- up to four hours on copper – for example, pennies, tea kettles, cookware
- up to 24 hours on cardboard – for example, shipping boxes
- up to two to three days on plastic – for example, milk containers, detergent bottles, elevator buttons, backpacks
- and 2-3 days on stainless steel, for example, doorknobs, refrigerators, pots and pans

**Food** – So far, it seems the Coronavirus doesn’t spread through food products. However, it’s a good idea to wash **fruits and vegetables** well before you eat them. **Wash your hands** after you visit the supermarket. If you have underlying health conditions or a weakened **immune system**, you might want to buy frozen or canned produce.

**Water** – So far, Coronavirus hasn't been found in drinking water.

After you touch any of these surfaces, visit a store or supermarket, or bring in takeout food or packages, **wash your hands** for at least 20 seconds with soap and warm water. If you don’t have access to soap and water, use a hand sanitizer or wipes (e.g. Chlorox, Lysol, or any other antiseptic wipe).

**Train yourself to NOT touch your face unless you have just washed your hands. The easiest way to get COVID19 is by touching your eyes, nose, or mouth.** Some health department doctors suggest wearing a regular mask (CIVILIANS DO NOT NEED AN N95) or bandana at the grocery store to keep you from inadvertently touching your face. **If you have to make adjustments, touch only the ear loops or corners of the bandana.**