

In Light of the COVID-19 Event

Precautions to observe

We have been asked many questions lately on what to do and how to protect yourself against this virus.

1. Observe Personal “social spacing” of 6 feet (2 meters) up to 18 Ft from others.
2. Do not panic if you do get sick, call your doctor for advice. Do not necessarily go to the emergency room, as you may infect people who are already more sick people than you or those who are more vulnerable than you, call first. **FMH COVID Hotline 458-2888** or **452-1776 Public Health/Carlson Center** for testing/instructions.
3. Wear a Mask, at minimum cover your mouth, when coughing and remind those around you to do the same. This virus can be spread through contact with eyes, nose, or mouth. Coughing/Sneezing can atomize the droplets and can cause it to spread a wider area the infection to others.
4. N95 Masks are best reserved to health care workers and those who are infected to keep them from spreading the virus further. To be most effective, the mask would have to be a full face shield with sealed gaps around the perimeter.
5. Masks maybe ineffective to prevent viral infections, as even the **N95 mask** have pore sizes of **3 microns**. The **viruses** can be **1 micron, 0.3 micron, to 0.1 microns in size**. Therefore, 3, 10, to 100 viruses can pass through the pore unrestricted. Though they do not prevent viral passage through the mask, but still **may provide 5** times the protection over wearing no mask at all. Try not to use the N95 mask with a valve. They provide unfiltered exhalations, You will infect others. **Do not use the valved type** of masks.
6. The best thing that you can help yourself. 1) Wash your hands before you touch your face. 2) Wear (any) mask.
 - A. Do not touch your eyes
 - B. Do not touch your nose
 - C. Do not touch your mouth
 - D. Wash your hands with regular soap and water (not necessarily anti-bacterial soap) frequently and before you touch your eyes, nose, or mouth.
 - E. **Important:** Wash for at least 20 seconds with regular soap under running water, sing the “Happy Birthday song” or “Twinkle, Twinkle Little Stars” twice, or count to 20. Pay attention to all surfaces of your hands, including your thumbs, seems even health care workers forget their thumbs and when tested we can find germs there still.
 - F. Clean working surfaces, viruses can live 1-3 days depending on surface type.
7. We have a Mushroom based produce that can boost your immune response to better fend off and defend you from infections and maybe an important adjunct in preventing or reducing the intensity and duration of the infections. Stop by and ask us about it.

Mask Usage: We have talked previously about the use of Face masks, social distancing (6 feet apart), and Proper Frequent washing of hands before touching your face, eyes, nose, and mouths. Keeping up these habits, it is having an effect on the spread of COVID019.

As with all attitudes and procedures, they will and should change with changing developments, based on new information and knowledge.

On the subject of home-made masks, While, they in theory will not prevent the virus penetrating the mask, they seem to magnify the effects of social distancing, by up to 5 times. **Therefore, we have come to the conclusion, and now believe how important it is to wear any mask at all times, social space yourself, and wash your hands frequently, especially after touching the mask. So keep wearing any mask. Any mask is better than wearing no mask at all.**

To Fairbanks, Alaska, and the nation, keep up the good work,
This strategy seems to be working, do not stop, as we are still in the fight.

It seems, **they are discovering** that the **N95 masks with the valves** to make it easier to breath, but allows unfiltered exhalation, therefore if you are infected **you can spread the virus.**

Therefore, **do not use the valved kind of masks.**

Try to save the N95 masks for the health professionals on the frontlines, taking care of the most sick of our community.

Wash your homemade fabric mask with normal detergents in hot water (>133F), it is **not** recommended that you add either bleach or peroxide (not Both) to the wash, because it wears the fabric out (makes it thinner), so it reduces it's capacity to filter air. Best to wash normally and dry or sanitize with high heat (20min), iron the mask, or place in low heat in the oven (10min) if possible, daily

If you are a health care provider with a homemade fabric mask wash after 2 hours of use.

	Distance traveled
Exhalation can spray spittle (droplets)	1.5 m (4.9 ft)
Coughing	2 m (6.6 ft)
Sneeze	6 m (19.7 ft)

Disinfectants should remain on the surface to be cleaned moist for 30 seconds to 4 minutes.

Also, cleaning agents or disinfectants **should never** be injected into the body, it could kill you.

Food Handling and Grocery Safety:

How Long does Covid-19 stay on objects

Air up to	3 hours
Copper	4 hours
Cardboard (Amazon Box)	24 hrs
Plastic surfaces/Stainless Steel	72 hours
Mucosal surfaces unknown	

Wash your hands before handling. and After opening containers, plastics or cans.

Handle your food properly:

Wash your hands proper (20 seconds) before handling food and before eating.

COVID-19 can be killed when exposed to proper cooking of temperatures over 158F.

Represented by Sauteing over medium heat or slow-cooker on Low (209F) are thought to be acceptable methods.

As far as Fresh Fruit and produce

If it is cooked above 158F it should be sufficient.

If eaten fresh (without cooking) then wash first under running cold water only (20 seconds), you may peel the outside layer. It is **not recommended** to use any soap, disinfectant, or to use dilute vinegar or bleach as it can drive/carry contaminants into fruit/produce.