



Updated 041420

### Should we worry about the COVID-19 getting on our clothing?

A study on the length of time the coronavirus lasts on hard surfaces was conducted by The National Institute of Health (NIH) and Rocky Mountain Laboratories in Hamilton, Montana was published in the New England Journal of Medicine, March of 2020. Clothing is harder to disinfect, so it was not clear how long the virus survives on clothing. This study was not able to determine hours or days on clothing. (See chart below)

The experts do know that close contact is one way to catch the virus and staying home is the best defense. If you go out among the public, practice 6-foot social distancing while wearing a mask. Remember to wash your hands, avoid touching your face, and use hand sanitizers when hand washing is not available.

If you are in close contact with people for a long period of time, where the virus might linger on zippers and buttons, remove your clothing and put it in the washing machine. It's the combination of detergent, warm water and physical agitation in the rinse and spin cycles that removes, inactivates, and washes away viral microbes, according to Don Schaffner, Ph.D., microbiologist professor at Rutgers University in New Brunswick, N.J. After washing, dry your clothes in the dryer on high. CDC recommends washing your clothes using the warmest cycle to kill the virus. Detergent plus bleach for whites and colored fabrics may help inactivate viral microbes in the wash, according to the International Scientific Forum on Home Hygiene.

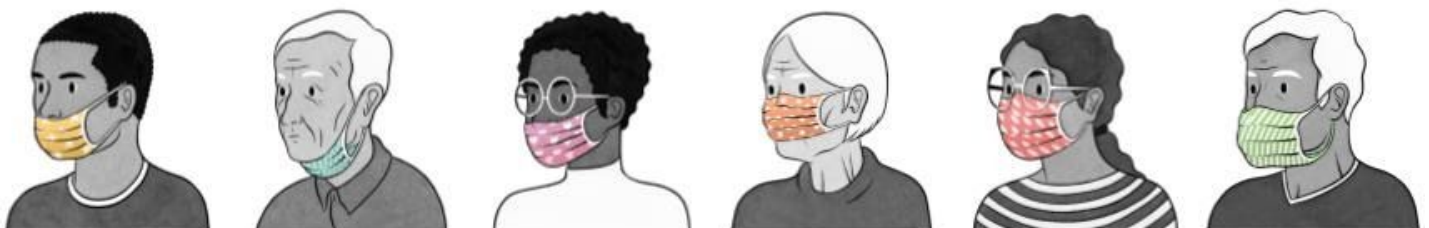


In conclusion, the best way to inactivate the viral microbes is to wash your laundry on the warmest cycle using the full wash cycle. The best detergent is mixed with bleach but the wash cycle alone is just as effective according to one researcher. Do not shake the clothes. Immediately place them in the dryer on a hot cycle. The virus dies at temperatures above 133 °F.

**Using a Laundromat:** If the building is being used, wait until you are able to practice social distancing. You want to consider a schedule set by the building to do laundry. Sort your laundry before you go and fold clean laundry at home to lessen your time in the place. Clean and disinfect all surfaces before you use it. If you have your own cart, use it. If you use the laundromat cart, disinfect it before using it.

Bring sanitizing wipes to wipe down the machine handles, tops and buttons. Wash hands before and after washing clothes. Do not hang out inside the laundry room while your clothes are washing. The less time spent in close contact with people, the less opportunity of becoming ill.

### Which mask is being worn correctly? (see the answer at end of newsletter)



## Caring for Someone Who is Sick

Wear gloves when doing laundry for someone sick, especially if there are body fluids such as secretions from coughing and nose drippings. Throw the gloves away after each use. If you handled laundry without gloves, make sure you wash your hands for 20 seconds. Make sure you do not shake the laundry when transferring it from the basket to the machine or washer to dryer. This could disperse the virus in the air. If you wash clothes as directed, it is not necessary to separate laundry.

1. Monitor for emergency signs such as difficulty breathing, chest pain, fever that does not decrease with Acetaminophen (Tylenol), worsening headache, difficult to awaken, and confusion
2. Prevent the spread of disease: The sick person is isolated until all symptoms are gone and feeling better. If a separate bathroom is not possible, the patient must wear a mask outside of their isolation room. Hand washing, disinfecting and sanitizing is done daily and frequently.
3. Treat symptoms.
4. Keep the doctor up-to-date and know when to end the isolation.
5. Go to [CDC.Gov](https://www.cdc.gov) for the list of signs to end isolation.

## How long does the coronavirus last on surfaces?

Information is constantly changing but it does serve as a reminder of the importance of cleaning all surfaces. The packages we received should be sanitized or stored for a few days in the garage before opening and remember to wear gloves and wash your hands after handling it.

<b>SURFACES</b>	<b>EXAMPLES</b>	<b>HOURS OR DAYS</b>
Aerosols	Airborne	3 hours
Plastics	Milk Bottles, Keyboards, baby bottles	72 hours/3 days
Stainless Steel	Refrigerators, stoves, pots and pans	48 hours/ 2 days
Copper	Pennies, Pipes, Cookware	4 hours
Cardboard	Boxes	24 hours
All Others Wood, Paper, Glass	Furniture, newspaper, glass	5-9 days

The US Environmental Protection Agency (EPA) has now **published a list of disinfectants and active ingredients** that can be used against the Sars-CoV-2 virus (COVID-19).

Some of the product brands on the EPA's [list](#) include:

- Clorox Healthcare Bleach Germicidal Cleaner Spray
- Clorox Disinfecting Wipes
- Lysol Disinfectant Max Cover Mist
- Professional Lysol Disinfectant Spray
- Purell Professional Surface Disinfectant Wipes
- Peak Disinfectant Wipes
- Sani-Prime Germicidal Spray
- Sani-Cloth Prime Germicidal Disposable Wipes

Doremalen, Bushmaker, and Morris (2020) Aerosol and Surface Stability of SARS-CoV-2 as Compared with SARS-CoV-1. *The New England Journal of Medicine*

Gray, R (2020) Covid-19: How long does the coronavirus last on surfaces? *BBC FUTURE*

## Immunization Reminders

**TDaP** (Tetanus, Diphtheria, and Pertussis) and **Meningitis** ( MCV4) vaccines are required for students enrolling in the 8th grade. Verification of the teen-age MCV4 is also required for students by age 16. This is a required vaccine for college.

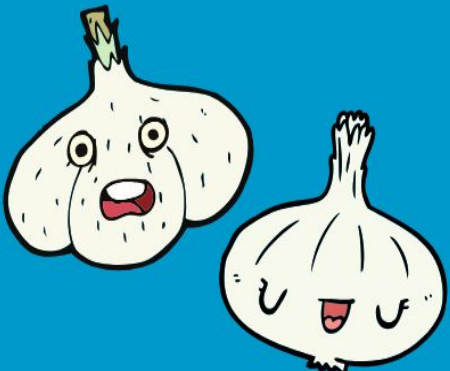
If your child is entering kindergarten or new to The School District of University City, please check with your pediatrician to verify if their immunizations are up to date. This is a required part of the District's enrollment procedures.

If your child has not been immunized within the last year and you do not have a pediatrician or family doctor, the North Central Community Health Center accepts walk-in immunization patients at the Pine Lawn Clinic, located 4000 Jenning Station Road (63121). The clinic is open 8:30 - 10:30 a.m. and 12:30 - 3:00 p.m., Monday through Friday, except closes at 12:30 p.m. the first Friday of every month. Call: 314-615-9700 if you have questions.

## FACT or MYTH?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?



World Health Organization #2019nCoV

## ANSWER: The Correct Way to Wear a Mask:



<https://www.nytimes.com/2020/04/08/well/live/coronavirus-face-mask-mistakes.html>

