How to assassinate the CORONAVIRUS from our grocery items?

This is the time of chaos. Every day we have been hearing the anxiety news about the COVID-19. It’s spreading around us with its super speed. From anywhere, anytime the virus may enter in us. The fact is, we leading a perilous life every day. Although we know the remedy to keep the safe distance from this dangerous decease. That is hygiene! Government has given us clear instructions to stay safe. Wear the Mask and Gloves while you go outside from the home, keep the Social Distance, always carry the alcohol-based Hand Sanitizer while you travelling and eventually often have to wash our hand with soap or hand wash around 20-30 second at least. Although is this rules enough to protect us from the COVID-19 coronavirus? The rising number of COVID-19 cases in every day shows the answer is NO! Therefore with is four rules we have to apply our common sense too. We can do the self-sanitization, but what about the currency and buying grocery item? We are in serious trouble! But Not!! If we can take an effort for some time, can clean it these too. Before we entering to this subject have to understand how long this virus can live on different surfaces.

On Glass, Countertops, Plastic and stainless steel, the virus will last for 72-96 hours. Which means Three to Four days.

On top of the paper and wood for 96-120 hours. Means it will last for Four to Five days.

On cardboard and fabrics 24 hours.

On the surface of Aluminium, it can last for 2-8 hours.

On the copper for 4 hours.

Quiet distressing news! So we need precise attention in every household thing that coming from the outside.

How to doff the virus from the grocery items?

Very relevant and difficult question. When we buy the grocery items, we do not know how many people have touched on it, until those items eventually end up in our hand. So precisely take every step to doff the impurity from the grocery items.

Step 1. Set all grocery cleaning items outside of the home. Water, soap or soap liquid, scotch pads, buckets, towels, tissue papers, gloves, baking soda etc…

Step 2. Wear the mask and gloves. While the time of washing would have splashed the water droplets on the face. Therefore wear the mask or face shield. Then wash the gloves wore hand with soap or soap liquid.

Step 3. Make sufficient water-baking soda liquid to clean the fruits and vegetables. Then fill this same mixture in a spray bottle to clean the bread items pack.

Step 4. Unbox the items from cardboard or pick the grocery items from the carry bag and set it aside. The packed cardboard dumps it for the burn. Whether it is a reusable carry bag soak it in the detergent water.

Step 5. Again wash the gloves wore hands with soap or soap liquid.

Step 6. All fruits and vegetables soak it in the baking soda-water liquid for 20-30 second. After the 20-30 second rinses it in the normal water and wipe the water with a tissue or cleaned cotton cloth. Now can keep it in the refrigerator.

Step 7. Like this method, spray the baking soda liquid on the bread and cake’s covers. After the 20-30 second wipes this liquid from the cover by tissue papers. Again wipe those covers with the wet and cleaned cotton cloth.

Step 8. Then other grocery item’s plastic packages wash it with soap or soap liquid and dry it with a cleaned cotton cloth.

Step 9. The very important thing. Clean the place properly with soap liquid or detergent, that you doffed the impurities from the grocery items.

Step 10. When you finish the cleaning war, precisely remove your gloves and mask or face shield from on you. And if you can take a bath.

Next let us check, how to brilliantly do the money transaction while this decease time?

While this perilous time, as much try to use online transactions and online purchase. If we cannot sometimes, use glows for it. And have to wash the coins as well as do not touch currency for five days at least.

We may think it is too difficult to do it. But these hygiene precautions are the only solution to make a shield from the coronavirus. Remember always, Health is our Wealth. Therefore precaution is better than cure. Stay safe, Stay healthy. Let us defeat the pandemic situation with a strong mind.