



**TO:** All Residents  
**FROM:** Gail Chase  
**DATE:** March 3, 2020  
**RE:** Coronavirus

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The following was sent to me by several residents. It originated with a virologist who worked at the University of California in San Diego. He was one of the first virologists in the world to work on the coronaviruses in the 1970s. These are the same precautions he recommends for use during the coronavirus and he uses during our influenza seasons.

It is good advice, and we wanted to share it with everyone.

1. NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
2. Use ONLY your knuckle to touch light switches, elevator buttons, etc. Lift the gasoline dispenser with a paper towel or use a disposable glove.
3. Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office or commercial doors.
4. Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
5. Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
6. Keep a bottle of sanitizer available at each of your home's entrances AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
7. If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow may contain infectious virus that can be passed on.
8. Stock up with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Used as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

GC:ljm