

Managing the Essential

First and foremost, I do not subscribe taking any outside items inside the home because –

- The virus attaches to the cell, it multiplies inevitably
- It reduces our body's potential to fight viruses, and
- It floods our lungs with fluid so significantly reduce oxygen exchange.

Since we have no proper cure, as of this writing (April 7), follow strict precautions for decontamination. I will share a few thoughts on '**Managing The Essentials**', like grocery, mail, deliveries, etc. Consider all outside items contaminated until decontaminated. (@Shashank Heda)

Rule One: Set Up a staging outside your home (Garage/Front/Backyard etc.).

- Perishables (Groceries)
- Non-Perishable (Mail)

Rule Two: Do not get anything inside unless decontaminated. Remove all outer wrappers/bags etc. outside. Do not touch groceries (if you haven't done so). Transfer those to a different receptacle or container or take help transferring those.

Rule Three: Mails and non-consumables (amazon deliveries), if those can wait (securely) outside in the Garage, then leave those for 24-48 hours. You never know if someone along the supply chain has contaminated the delivery (an asymptomatic carrier or a frankly coughing infected patient). I spray Clorox mist, if I need to open a package urgently. Please avoid fumes.

Rule Four:

- **Vegetables and Fruits** – I wash those with little soap to remove the artificial wax (farmers spray wax to retain freshness). Viruses stick to this thin layer of wax. Soap washes them off. Thereafter, you may either use vinegar, peroxide or potassium permanganate. Leave those soaking for 20 minutes and later wash thoroughly with a copious amount of water. **DO NOT CONSUME OR STORE ANY UNWASHED VEGETABLES.**
- Outer Packaging over Consumables should be cleaned with disinfectants. After packaging is discarded, consumables can be transferred to another container.

Rule Five: Dump all the wrappers in a closed sealed plastic bag and dump it outside. **DO NOT GET THOSE INSIDE YOUR HOME.**

Rule Six: I change my clothes and take a head shower even if I had a shower before leaving for Groceries. Remember, you might have inhaled some, so do not forget to blow your nose. I take peroxide gargles to clear my throat.

Summary: Create a staging area outside your home. If you have difficulty doing so, identify an area inside which is secluded from the mainstream home.