Recent studies suggest that SARS-CoV-2, the virus that causes Covid-19 can remain active & infectious on certain surfaces such as plastic, stainless steel, cardboard & copper for several hours.*

According to the CDC, it may also be possible for a person to get Covid-19 by simply touching a surface or object that has the virus on it & then touching their own mouth, nose or possibly their eyes.

We believe prevention is always better than cure. Here are some useful tips for you to receive any packages & maintain good hygiene. Be Safe!

Source: National Institute of Health (niovac.gov)

1. HOW TO PROTECT YOURSELF?
- Opt for online payment
- Avoid exchanging cash
- Do not sign on any screens
- Avoid multiple family members from handling packages
- Don’t let elderly or people with chronic conditions handle packages

2. HOW TO RECEIVE YOUR PACKAGE?
- Get package kept outside your door
- Sanitize door knob/bell after delivery
- Avoid contact with delivery staff
- Discard outer packaging in bin
- Wash hands immediately with soap

3. HOW TO CLEAN & DISINFECT?
- Fruits & Veggies
  - Wash or scrub under running water
  - Remove peels or outermost leaves
  - Wash even if label says “pre-washed”
- Milk Cartons/Pouches
  - Wash milk pouches with soap & water
  - Wipe clean milk cartons with a sanitizer
  - Discard milk cartons/pouches after emptying
- Meats & Non-Veg
  - Dispose outer pack
  - Wash meat thoroughly under running water
  - Avoid undercooked & raw meat
- Home Essentials
  - Wipe clean with a sanitizer
  - Dispose any outer packaging

Ensure you wash your hands with soap immediately after handling & receiving package or use a sanitizer. Avoid touching your face or any surface.

Information is published under the guidance of Dr. K.K. Aggarwal

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