



Sanitizing groceries



Don't over-shop, it was not proven until now that the coronavirus can spread from food but it has been proven that it can live on surfaces, therefore we need to sanitize them.



The virus can live up to a day on cardboard and up to 3 days on plastic and steel.



Get rid of all plastic bags before entering the house.



You can get rid of the outer packages of some items like cereals and bread and transfer them to other containers.



Designate an area in the kitchen for sanitizing your items and divide the area into two, one for items not sanitized yet and the other for clean ones.



Fruits and Vegetables:

It's important to know that the virus does not live inside fruits and vegetables but may be found on its surfaces.



- Wash them if possible in water for 20 seconds while rubbing them.
- Soak leafy vegetables in water.
- You can clean them with a solution that contains nine cups of water and one cup of coarse salt as an extra precaution.
- Dry fruits and vegetables well before storing them.