

Experts answer: can Covid-19 pathogens get into clothing, shoes when on the road?

While millions of Americans remained isolated at home, Dr. Stephen Morse - epidemiologist, and Dr. Vincent Racaniello - virologist, from Columbia University answered the question of whether a person can be infected with corona virus. from clothes, grocery or jogging or not.

Can **corona virus** be brought home after going out? Let's listen to the scientists who answered this question. These questions were answered by Dr. Stephen Morse - epidemiologist and Dr. Vincent Racaniello. First: what should you do immediately when you get home?

'If I wear a raincoat or something like a thin jacket, then I can put it in the closet and after a few days I won't have to worry about it anymore. After that, I will wash my hands and maybe wash my face, as a precaution,' said Dr. Racaniello.



A medical staff checked a girl for body temperature during the Covid-19 epidemic

But what if you're in the middle of a lot of people, for example on a crowded train or train? Dr. Vincent Racaniello, a virologist at Columbia University, says you should change your clothes. What about shoes / sandals? Dr. Racaniello said it is best to leave them outside, or at the entrance to the house.

What about getting shipper goods or buying them at a store or supermarket? Experts recommend removing all wrapping paper but it is still necessary to always wash your hands afterwards. 'I have not seen the possibility that wrapping paper could be a way of transmitting a virus. So I think what needs to be done is to get rid of everything and wash your hands,' says Dr. Racaniello.

Experts say it is important to be careful of exposed surfaces such as car doors, lift buttons, keyboards and credit cards. According to Dr. Morse, the person who receives and returns the card to you may be able to carry the infected corona virus onto the credit card, so make sure you wash your hands.



Washing your hands often with soap is a way to prevent corona virus infection

'And the high-risk place that I think is in the store, whatever store you use the card in, you press the password, those buttons are at risk because hundreds of people use it during the day with dirty hands,' he said. Dr. Morse said regular cleaning of the phone is also a good idea because phones are the most frequently overlooked thing, while you use them on a daily basis, regularly putting them on your face and touching them. The Centers for Disease Control and Prevention (CDC) recommends regular handwashing for at least 20 seconds and disinfecting surfaces with an alcohol-based cleaner to prevent infection. The CDC also recommends that all Americans wear masks in public places when social isolation is not possible. But do you need to wear a mask while running?



You can still jog between Covid-19 if you ensure a 2 meter distance from others

Dr. Morse said you do not need to wear a mask if you can keep a distance of 2 meters from others. 'Some countries have banned running, which I think is completely unnecessary because you don't often run around strangers.'

'If you run across people, just make sure it's good to keep a distance, I think. I think people still need to do this and that, to make sure not to worry about the corona virus and lose their sanity,' said Dr. Morse.

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