

Medical Information Committee
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As a follow up to the State of Alaska Retirement and Benefits' last teleconference where COVID-19 was discussed, I'd like to reemphasize some of the information that was discussed.

Things emphasized:

- Use masks when going out into the community (all types can be used)
- When using disposable gloves when shopping or out in the community make sure to dispose of properly. Keep a bag in the car that you can put them in and throw bag in trash when you get home.
- Wash produce with soap and water and rinse thoroughly.
- Testing for COVID-19 is still only available with a script from your doctor.
- Wash hands often for 20 seconds with warm soapy water, about the same amount of time to say the ABC's.
- Don't touch your face.
- Disinfect your counters regularly, especially after you bring groceries into the house.
- COVID-19 will live for:
 - * 24 hours on cardboard,
 - *3 days on plastic and steel,
 - *4 days on glass.
- The COVID-19 pathogen does not seem to survive in direct sun light.
- The CDC did expand the symptoms for COVID-19:
 - *chills
 - *repeated shaking with chills
 - *muscle pain
 - *headache
 - *sore throat
 - *loss of taste and smell