

Quick Safety Travel Tip To The Store

It has been tough for everyone to stay at home being confined and not able to go anywhere away from our house, even as trivial as traveling around the block to the grocery store. Eventually, we all need to venture to the store in order to buy groceries and other essential supplies.

We must remember that we may not have any contamination of the COVID-19 based on lack of symptoms. However, the person that went to the same store you are traveling to who shopped before you may have been contaminated. We must always be vigilant in protecting ourselves in order to not also contaminate any family members when we return to our household. These are some tips to help minimize any contamination:

Before you leave your house, follow these basic annoying steps that can protect you!

1. Bring 2(two) old plastic grocery bags or zip lock bags with you. Place them in a non-dominant side jacket pocket or handbag. (This will NOT be for groceries)
2. Bring a headphone. (regular or wireless) If WIRELESS: check to make sure it is connected to your cell phone's Bluetooth connection. Using a headphone will prevent contamination rather than placing your phone next to your face to talk if someone calls.
3. Use a zip lock bag or plastic wrap to cover your phone. Instruction on wrapping a cell phone will follow later in this article. This will avoid contaminating you cell phone when you have to use it when at the store. NOTE: Plastic wrap allow finger print ID to work on i-Phone. At least mine works!
4. Wear a face mask. N95 is best but a home-made mask will work great. Check your mask by holding the mask against a bright light. If you can see a lot of light going through the mask then you should add another layer on the mask for better filtration.
5. Bring a pair of gloves. If no gloves, bring wipes inside a plastic bag.
6. Don't forget you driver's license and credit card. It's been awhile. Sarcasm!
7. When you arrive at the store:
 - a. Put your mask on
 - b. Put your headphones on and recheck phone-earpiece are paired on Bluetooth.
 - c. Put your gloves on if wearing a pair
 - d. Very important: Place your credit card (chip in first) and cell phone (top in first) inside your same jacket pocket and your KEYS in the OTHER pocket (handbag) that has the plastic bag. Do NOT put them in the same pocket. If someone call or text you, you will contaminate your cell phone ONLY not your keys. Avoid putting cell phone in the handbag if possible. Safety reason.
8. Before you return to your car with your groceries:
 - a. DO NOT REMOTE OPEN THE DOORS WITH YOUR KEYS!
 - b. Place your grocery cart next to your car.

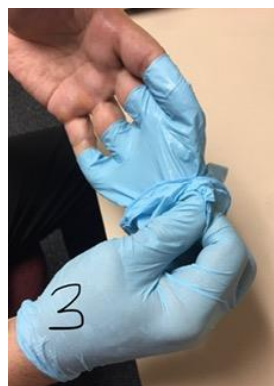
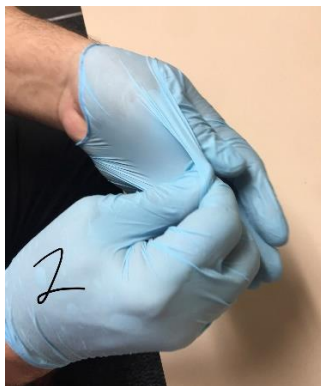
- c. REMOVE your GLOVES first. (Photo instructions to follow). If not using gloves, WIPE hands clean with wipes from the bag that contained wipes from inside your pocket.
- d. Take the bag out from the jacket pocket with the keys. Put the dirty gloves in the bag.
- e. Take your keys out to open the car door remotely or with keys.
- f. Now open the car doors and place the bag with the dirty gloves in the floor of the car to throw away in the trash at home
- g. Grab the grocery bag by the bottom of the handle just to be safe instead of the top of the handle. It may prevent any contamination from the person bagging the groceries. Just maybe!
- h. If you touched your cell phone, and you most likely did! Credit Card now contaminated when you payed the groceries. Put your hand inside the 2nd plastic bag (as a glove) to remove your cell phone and credit from your pocket and place the cell phone in the driver side floor or trunk of the car. REMOVE the WRAPPING from the cell phone. See PHOTOS for instruction.
- i. Keep the credit card inside the plastic bag
- j. Remove your mask by pulling the strap from the back of the head or ears. Do NOT grab the front of the mask as it may be contaminated. Place the dirty mask in the same plastic bag with the credit card. Leave mask on if traveling to another store.
- k. Tie the bag into a knot in order for the contents to not fall out then place the bag inside one of the grocery bag. No accidental TRASH later, can't afford to lose a credit card!

Now you can drive home with clean hands, face and you are not contaminating the door handles and steering wheel and keys. Most important, family members are safe.

A simple task that was once taken for granted is now a chore and exhausting!

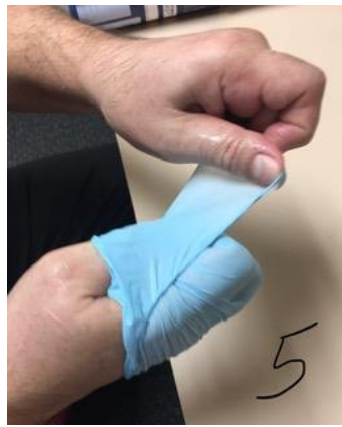
Now a nice cup of tea with vitamin C to relax which can be sourced from your back yard, if you don't have any. That's a different article on another day!

SAFE GLOVE REMOVAL



Step 1: Grab/Pinch the glove between the top of the palm and below the wrist. Do NOT pull from the edge of the glove as you will contaminate your skin from the dirty glove.

Step 2 & 3: Pull the glove off as shown in photos.



Step 4: Form a fist with the dirty glove inside the fist hand. Now you can grab the EDGE of the glove and pull the glove off the fist hand.

Step 5 & 6: Continue pulling the glove off the hand. When the glove being pulled-off is located at the fingers region, OPEN the fist to allow the glove to be pulled off with the dirty glove inside by creating an inside-out glove.



Step 7 & 8: Pull the glove off completely. Now the dirty glove is inside the other glove which is now inside-out. It is now safe to handle without contamination. Place dirty gloves in the bag.

Wrapping Cell Phone



Step 1-2-3: Place the edge of the plastic at the top of the cell Phone which is facing up. Fold the plastic at bottom of cell phone and wrap the back of the cell phone as shown.



Step 4-5-6: Fold the extra pieces of plastic at the end section toward the back of the cell phone. The front of the cell phone is now protected and will not be contaminated when touched from dirty hands.

UN-Wrapping Cell Phone



Step 7-8-9: Place the cell phone face down on the floor of the car. Place a finger at the TOP of the cell phone and press down. Peel-off the plastic wrap from the top edge of the cell phone. Continue to unwrap as shown in photos.



Step 10 & 11: Press down on the plastic and slowly pick-up the cell phone. Pick-up the plastic from the center and place inside the bag along with the dirty gloves. This is best done in the floor of the car. Waiting to unwrap at the house will cause contamination from the infected plastic.

If you have comment or tip, or future topic, please drop us a line or two by subscribing to our email list at WeltChiropractic.Com. Confirm when you sign and send us an email. We would like to hear from you.

Everyone Stay Safe and Healthy.

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