

# Deals, Information and Helpful Tips for Sourcing Items during the COVID-19 Pandemic: Part 1

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Looking to find items to help you during this pandemic? Check out these resources and where and how to find them based on what I have found is available, effective and as safe as possible.

## Abbreviations

CDC	Center for Disease Control
FDA	United States Food and Drug Administration
EPA	Environmental Protection Agency
COVID-19	Coronavirus: ( <b>CO</b> rona <b>V</b> irus <b>D</b> isease), SARS-Cov-2

1. First remember that regular soap and water is an effective killing agent. Soap, warm water and salt will clean most stains well and kill pathogens in the process. Disinfection can be used with other agents if you feel you need more killing power.
  - a. You do not need to worry about not having enough disinfectant wipes or cleaner as simple products like soap, water, salt tea tree oil, bleach, 70% alcohol are on the Environmental Protection Agency (EPA) list of approved disinfectants proven to kill SARS-CoV.
  - b. You don't need antibacterial soap. COVID-19 is a virus not a bacterium.
  - c. Order online.
    - i. Walmart.com has had 70% alcohol in stock without price gouging. If out of stock check back again in 2-3 days as the stock renews.
    - ii. Beware some sellers on amazon and eBay doing extreme price gouging charging 5-10x more that you would normally. Just wait until stock catches up.
2. Sundown Naturals vitamins Buy 1 Get 1 Free at CVS until 7/18/20 and Lowes' Foods until 7/24/20.
  - a. This includes vitamin D (great for immune boosting and COVID-19 survival) Vitamin E oil, and Tea Tree Oil in dark glass bottle (antibacterial, antifungal, antiviral, anti-inflammatory, with shelf life 1-2 years after you open it)
3. Regular bleach can be found at Food Lion and Dollar General as these 2 stores I have found keep good stock. Remember to avoid splashless or scented bleach products as these are NOT approved as a disinfectant, only for laundry. **SEE NOTE BELOW**
  - a. Germicidal bleach (8.5% sodium hypochlorite) or Regular Bleach (5.25-6% sodium hypochlorite). Scented and splashless "bleach" products are not suitable for disinfection
  - b. Prepare according to package label instructions FRESH when ready to use. Discard any leftover solution. Diluted bleach solutions expire within 24 hours.
  - c. REFERENCE: <https://www.clorox.com/how-to/laundry-basics/product-usage-guides/shelf-life-of-bleachwater-solutions/>
  - d. **NOTE:** scented and splashless "bleach" products are not suitable for disinfection. They are for laundry purposes only.
4. 70% Alcohol as disinfectant
  - a. Ethyl alcohol and isopropyl alcohol both work as disinfectants when soap and water are not available. However ethyl alcohol (ethanol) is very drying on skin while isopropyl alcohol is suitable for first aid uses and for use on skin.

- b. I found some 70% isopropyl alcohol at Dollar Tree (limit 2) and at Walmart.com and some Walmart stores. Go early when the store is mostly empty, just after disinfection cycle with shoppers that adhere better to face coverings and social distancing.
  - c. Concentrations of isopropyl alcohol lower than 65% or higher than 85% are NOT SUITABLE FOR EFFECTIVE DISINFECTION. High alcohol concentrations evaporate too quickly for effective destruction of bacteria cell wall/ viral coat and entrance into virus or cell to dissolve proteins needed for replication (*i.e.* much much lower virus/bacteria killing ability).
5. Hand Sanitizer when soap and water is not available
- a. 70% isopropyl alcohol based hand sanitizers are best. The CDC recommends alcohol based hand sanitizers instead of alcohol-free versions with active ingredient benzalkonium chloride.
  - b. Beware unsafe hand sanitizers with methanol contamination. Here is the list of current brands of hand sanitizer contaminated with methanol ( toxic)  
<https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol>
  - c. Here is the CDC list of recommendations for hand washing and hand sanitizer use  
<https://www.cdc.gov/handwashing/hand-sanitizer-use.html>
  - d. I have always and still do keep unscented baby wipes in my car. After every store trip my children have always know “it is time to wipe our hands”.
  - e. **ALWAYS MOISTURIZE YOUR HANDS AFTER REPEATED HAND WASHING OR USE OF HAND SANITIZER. Dry skin can lead to breaks in the skin which is a holes in your first shield and largest organ- THE SKIN!**
6. Seventh Generation Disinfectant spray can be found at Sprouts Farmers Market. **If you have access go now and buy some.**
- a. It is on the EPA list of approved SAR-Cov2 disinfectants. Thymol (from thyme herb) is the active killing ingredient. It is a great smelling disinfectant that is safer for those with respiratory issues and includes either eucalyptus and spearmint or citrus and eucalyptus essential oils.
  - b. You may remember previous The Take Back Tour newsletters and post about how making a tea from dried thyme herb found in the spice section of grocery and dollar stores is an effective decongestant. This is helpful for those that due to underlying blood pressure conditions avoid pseudoephedrine containing decongestants.
7. Here is the US Environmental Protection Agency (EPA) List N: Disinfectants for Use against SARS-CoV-2. NOTE: This list is updated weekly as new approvals are added. It includes items easily found such as 70% alcohol and regular bleach and Seventh Generation Disinfectant spray <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
8. IMPORTANT SAFETY NOTES:
- a. **DO NOT USE** ammonia or vinegar (including that in glass cleaner) in the same room that bleach solution is used to disinfect. This can generate toxic chloramine or chlorine gas.
  - b. Always open a window and ventilate the room before beginning cleaning and disinfection
  - c. Keep hand sanitizer and all cleaning and disinfectant products AWAY FROM CHILDREN. Be extra vigilant as they are now bored and at home more.
9. Stay tuned for more tips on other ways to prepare to be as healthy as possible, natural remedies to manage other health issues such as colds, allergies, gout, pain, inflammation, save money and time and have stock of the things your family needs to stay well.

***The Take Back Tour is the Health Ministry of the Philadelphia 7<sup>th</sup> Day Adventist Church in Burlington, NC. [www.thetakebacktour.com](http://www.thetakebacktour.com)  
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