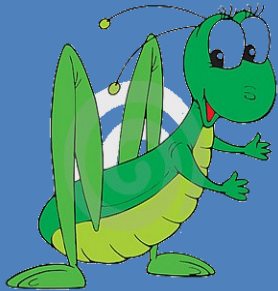


## Using The Downtime For Uptime, Wisely!

As we are all doing our part to contain the COVID-19 challenges, friends have been sharing tidbits of helpful suggestions. These are really cool, and thought we would share these insights lucratively!

Thanks , Elizabeth . . .



- Staying current, we are spending a tremendous amount of time using our telephones, computers, televisions/remotes and possibly sitting at our desks/tables more time than ever. Remember to turn off devices, and wipe them down with whatever antiseptics and disinfectants\* you have on hand. This includes your nightstands, car dashboards, seats, boosters, high chairs, etc.
- Be sure to show your children how to wash their hands; don't take it for granted that they know how to properly wash hands and under their finger nails. I started timing my children with alarm clocks to wash their hands and drinking water (They call it "Rally Time!"— they're loving the rally!).
- If you are outside, while it is a good idea to wear masks, if the cloth masks are all you have, and not the N-95, or if you don't have masks, but need one, try to find something that has an insulated protection to prevent in-bound air , and cover your nose to mouth. A friend suggested absolute innovation is paper coffee filters. I laughed, but come to think of it, that will serve as masks, too,
- Change the linen on the beds regularly, and store them separately, wash them quickly and whenever possible, use bleach around the areas.
- If you are home-bound like me (A Worried Barista!), I am using the time to do paper work, taking a few certification courses I have delayed in accomplishing for so long . . . Maybe I'll even practice making a few new beverages (Wow!).
- As noted earlier, we are drinking tremendous pints of water with lemon [juice] to keep the system flushed!
- Post your ideas on your FB, etc. Not sure if these tidbits are useful, but, I don't think they'll hurt.
- Priority — Please stay as safe as you are able!

\***Antiseptics and disinfectants** both kill microorganisms, and many people use the terms interchangeably. ... But there's a big **difference between antiseptics and disinfectants**. An **antiseptic** is applied to the body, while **disinfectants** are applied to nonliving surfaces, such as countertops and handrails.