

# TOWN OF CORNWALL

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## Coronavirus / Covid-19 Update Vol. 8 March 30, 2020

Dear Cornwall Friends,

Thanks again to the many people who are constantly working to minimize the impact of Covid-19. Cornwall now has its first reported confirmed case. Our goal is to keep the number of Covid cases to a minimum. The Torrington Area Health District is monitoring all confirmed cases in the region.

You have probably read the many reasons to stay home as much as possible, and practice good hygiene including: wash your hands, especially after touching any frequently used item or surface; avoid touching your face; sneeze or cough into a tissue, or the inside of your elbow; disinfect frequently used items and surfaces as much as possible. Also, an email from Dave Dolinski gives us a biology lesson:

The following is forwarded from Dr. Irene Ken, whose daughter is an Asst. Prof in infectious diseases at Johns Hopkins University.

“In our community chat, they sent this excellent summary to avoid contagion



. I share it with you because it is very clear:

\* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

\* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

\* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

\* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

- \* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- \* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.
- \* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.
- \* NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot kill what is not alive with antibiotics, but quickly disintegrate its structure with everything said.
- \* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates). 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.
- \* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- \* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.
- \* The virus CANNOT go through healthy skin.
- \* Vinegar is NOT useful because it does not break down the protective layer of fat.
- \* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.
- \* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.
- \* This is super sad, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- \* You have to MOISTURIZE. HANDS DRY from so much washing, and the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- \* Also keep your NAILS SHORT so that the virus does not hide there.”

And a fifty-minute video shared by Molly and Jeff Morgan of a New York Emergency doctor has very good in-depth advice for protecting your family from Covid-19. Video Link: <https://vimeo.com/399733860>

... or cut and past the following into you browser:

[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_vimeo.com\\_399733860&d=DwMCAQ&c=slrrB7dE8n7gBJbeO0g-IQ&r=iwqT\\_uypEzGQYzWW62fn61hf1KK5z0X-RIC6OQkSF3U&m=bPpZaJ8XVmSGSWzW-KwnBuQ\\_iKbfRJ4ocTRgJ\\_ik59w&s=wv6b043g84CpB1gY9KEVs0bIp7RcqSNiyyYPbipyTXw&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A_vimeo.com_399733860&d=DwMCAQ&c=slrrB7dE8n7gBJbeO0g-IQ&r=iwqT_uypEzGQYzWW62fn61hf1KK5z0X-RIC6OQkSF3U&m=bPpZaJ8XVmSGSWzW-KwnBuQ_iKbfRJ4ocTRgJ_ik59w&s=wv6b043g84CpB1gY9KEVs0bIp7RcqSNiyyYPbipyTXw&e=)

The Town's home delivery service is putting out its second weekly order thanks to generous donations of time and supplies. (Donations at "Food and Fuel Fund", Box 97, Cornwall, CT 06753) Mathews 1812 House gave a lot of cookies this week, and people hunkered down in Brooklyn sent a nice contribution for their friends and neighbors.

We again ask people arriving here from hot zones to thoroughly self-isolate for 14 days, and everyone to keep their travel to a minimum. There will be more struggle ahead, but by pulling together we will get through this time as well as possible. Stay Safe. Stay in touch. Apart but together. Thank you.

Sincerely,

Gordon Ridgway  
First Selectman,  
Town of Cornwall, CT

P.S. Thanks also to Dave Colbert for setting up Cornwall Arts and Remote Entertainment available on [www.cornwallct.org](http://www.cornwallct.org)

CC: Selectman Priscilla Pavel and Selectwoman Marina Kotchoubey