



City of Livingston

1416 C Street
Livingston, CA 95334

March 21, 2020

To All City of Livingston Residents

As our community is just starting to feel the devastating impacts of the COVID-19 (Coronavirus) disease, I am sharing specific tips from a doctor who has known about this virus since the 1970s.

Dr. James Robb, MD UC San Diego, was one of the first molecular virologists in the world to work on coronaviruses (the 1970s), and the first to demonstrate the number of genes contained in the virus.

Here's Dr. Robb's advice:

- 1) NO HANDSHAKING!
- 2) Use ONLY your knuckle to touch light switches. Elevator buttons, etc.
- 3) Lift the gasoline dispenser with a paper towel or a disposable glove.
- 4) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office or commercial doors.
- 5) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 6) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 7) Keep a bottle of sanitizer available at each of your home's entrances AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What to stock up in preparation for the pandemic spread:

1) Latex or nitrile latex disposable gloves. Use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

2) Disposable surgical masks. Use them to prevent you from touching your nose and/or mouth. We touch our nose or mouth 90X a day without knowing it! This is the only way this virus can infect you - it is lung-specific. The mask is only to keep you from touching your nose or mouth. I know that there's a shortage.....

3) Hand sanitizers. They must be alcohol-based and greater than 60% alcohol to be effective. I also know that there's a shortage.....

Note: According to Dr. Robb, this virus only has cell receptors for lung cells (it only infects your lungs). The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! **BUT** all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on these surfaces.

Staying home at all possible is the best weapon to defeat this virus.....

AGAIN, THIS DISEASE DOESN'T DISCRIMINATE AND THE ONLY WAY IN CAN ENTER YOUR HOME, IS IF YOU ALLOW IT TO!!!!

Sincerely,

A handwritten signature in blue ink, appearing to read 'José Antonio Ramírez', with a stylized flourish at the end.

José Antonio Ramírez
City Manager