

Did you know?

Common Household Cleaning Products Can Kill the Coronavirus

Coronaviruses are enveloped viruses. This means that they are one of the easiest types of viruses to kill with the appropriate disinfectant. The novel coronavirus is thought to spread primarily by human's respiratory droplets like cough, sneeze and spit. It is possible that people who touch surfaces or objects contaminated with the virus and then touch their noses, mouths or eyes can also become infected, however, this may not be the main way that the virus spreads. In other words, person-to-person transmission is the most common.

The list below is the common household products that can be used to kill the coronaviruses.

**Bleach:** The Centers for Disease Control and Prevention recommends a diluted bleach solution (5 tablespoons bleach per 1 gallon of water or 4 teaspoons bleach per 1 quart of water) for virus disinfection. And wearing gloves while using bleach is suggested. Additionally, diluted household bleach solutions (at least 1000 ppm sodium hypochlorite) can be used if appropriate for the surface and contact time at least 1 minute is needed.

**Alcohol:** Ethyl Alcohol solutions with at least 70% alcohol are effective against the coronaviruses on hard surfaces. First, clean the surface with water and detergent. Apply the alcohol solution and let it sit on the surface for at least 30 seconds to disinfect.



**Soap and water:** Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 70% alcohol may be used.

**Hydrogen Peroxide:** Hydrogen peroxide at 3% concentration is effective to use against the coronaviruses on surfaces. Pour it into a spray bottle and spray it on the surface to be cleaned. It should be left on the surfaces for 1 minute before wiping.

References:

- <https://www.witn.com/content/news/Disinfecting-homes-to-prevent-Coronavirus--568882691.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Regulation

Thai FDA List of Statement of Nutrient Function Claim (part 14)

Continuous part of annex table for statement of nutrient function claim. This regulation came into force on June 11, 2019.

No.	Nutrient	Function claim
25	Selenium	25.1 Selenium contributes to the antioxidant process. 25.2 Selenium contributes to the protection of cells from oxidative stress. 25.3 Selenium contributes to the maintenance of normal hair. 25.4 Selenium contributes to the maintenance of normal nails. 25.5 Selenium contributes to the normal function of the immune system. 25.6 Selenium contributes to the normal thyroid function.

Reference : [www.fda.moph.go.th](http://www.fda.moph.go.th)

To be continued next month





Barabudur  
-INDONESIA-

Taj Mahal  
-INDIA-

Complex of  
Hue Monuments  
-VIETNAM-

Temple of  
The Emerald Buddha  
-THAILAND-

Catedral de San Basilio  
-RUSSIA-

Burj Al Arab  
-DUBAI-

San Agustin Church  
-PHILIPPINES-

Petronas Twin Tower  
-MALAYSIA-

Shwedagon Pagoda  
-MYANMAR-

