

Coronavirus: Is it safe to reuse my water bottles?

<https://www.msn.com/en-us/money/video/can-you-reuse-water-bottles-during-coronavirus-outbreak/vp-BB10QcuJ>

“According to the CDC, the disease spreads mostly through respiratory droplets from an infected person’s coughs or sneezes.

However, while there is an outbreak, experts recommend that you wash and sanitize your bottles after every use.”

https://www.huffpost.com/entry/reusable-water-bottle-coronavirus-outbreak_l_5e611e98c5b6bd126b772ce6

“I don’t think that people’s office water bottles are going to be the way that this pandemic unfolds. It’s coughs and sneezes,” Adalja said. “But there are people that are worried about the most esoteric means of transmission, and I think that kind of detracts from the main message here, that this is a respiratory virus: Wash your hands, don’t touch your face, cover your coughs.”

<https://www.mindbodygreen.com/articles/how-to-clean-your-reusable-cups-and-bottles>

“As far as I know, there is no difference in frequency [of cleaning] during flu season,” she told us. That doesn’t mean we should be taking the recommendations lightly as respiratory diseases are spreading—it simply means we should be taking them more seriously year-round.

As long as you are washing with soap and water daily, your cups and bottles should be safe from infectious germs.

