

The Concierge

TIPS FOR TOURING HERE AND ABROAD



HOW TO DISINFECT YOUR SPACE ON AN AIRPLANE

NYT

By Tariro Mzezewa

NEW YORK TIMES

When a video of Naomi Campbell cleaning her airplane seat and wearing a mask and gloves was shared online last year, it made the rounds because her behavior seemed exaggerated. (“Clean everything you touch,” Campbell said in the video.)

Major airlines, including Delta Air Lines and American Airlines, say they clean their planes to varying degrees between flights, and that plane cleanliness is a priority. But some travelers, including apparently Campbell, prefer the comfort of knowing they’ve also taken measures of their own to sanitize their airplane space.

There’s been increased attention on this in recent weeks, with the unsettling spread of the coronavirus around the world.

“The airplane and airplane seat is a public space, and we know that germs can live on surfaces for a long time, so it doesn’t hurt to clean it,” said Aaron Mil-

stone, associate hospital epidemiologist at the Johns Hopkins Hospital.

Here are some tips for cleaning your area of a plane and keeping healthy on a flight.

Keep your hands clean and stop touching your face

“Wiping down surfaces on a plane won’t hurt, as long as it doesn’t give you a false sense of security,” Andrew Mehle, associate professor of medical microbiology and immunology at the University of Wisconsin Madison, said, stressing that sanitizing your space on a plane should be done in conjunction with washing hands and following other best practices.

Viral particles, the transmission vehicle of the coronavirus, must travel within mucus or saliva, and they must enter through eyes, nose, or mouth. While the coronavirus can last on surfaces such as tray tables, touch screens, door handles, and faucets — one study found that other coronaviruses, like SARS and MERS stay on metal, glass, and plastic for up

to nine days — a disinfectant on a hard surface, or soap while washing your hands, will kill the virus.

However, most people tend to touch their faces more often than they realize. Doing so after touching a surface covered in droplets from when someone sneezed or coughed can lead to the virus being passed on.

First things first: Wash your hands.

“It’s just as important to think about where your hands have been and to wash your hands,” said Mehle.

Wash your hands with soap and water for 20 seconds or long enough to sing “Happy Birthday” twice, and if that’s not possible, then use a generous amount of hand sanitizer.

Choose a window seat

A study from Emory University found that during flu season, the safest place to sit on a plane is by a window. Researchers studied passengers and crew members on 10 three- to five-hour flights and observed that people sitting in window seats had less contact with

potentially sick people.

“Book a window seat, try not to move during the flight, stay hydrated and keep your hands away from your face,” said Vicki Stover Hertzberg, a professor of biostatistics and bioinformatics at the Rollins School of Public Health at Emory University and one of the lead researchers on the study. “Be vigilant about your hand hygiene.”

Disinfect hard surfaces

When you get to your seat and your hands are clean, use disinfecting wipes to clean the hard surfaces at your seat like the head and arm rest, the seat-belt buckle, the remote, screen, seat-back pocket, and the tray table. If the seat is hard and nonporous or leather or pleather, you can wipe that down, too. Using wipes on upholstered seats could lead to a wet seat and spreading of germs rather than killing them.

“It’s not bad to wipe down the area around you, but it’s worth remembering that the coronavirus is not going to jump off the seat and get into your mouth,” Milstone said. “People should

be more careful of touching something dirty then putting their hands on their faces.”

Disinfecting wipes typically say on the packaging how long a surface needs to stay wet in order for them to work. That time can range from 30 seconds to a few minutes. In order for the wipes to work, you need to follow those time requirements.

Hertzberg added that if there’s a touch-screen television, you should use a tissue when touching the screen. Using a paper towel or tissue ensures that there’s a barrier between a surface that might have droplets and your hands, which will likely make their way to your face.

“Someone who has been sick and coughing might have touched the door and the faucet, so use wipes in the bathroom, then use paper towels to open the door and to close the faucet, then throw those in the trash on the way out,” said Bernard Camins, the medical director for infection prevention at the Mount Sinai Health System.

HERE

EXHIBIT FOCUSES ON THE HOMELESS EXPERIENCE

See a new exhibit that portrays homeless people and their stories with dignity at the Brattleboro Museum & Art Center in Vermont, March 14-June 14. The exhibit, “Steven Kinder: 552,830,” includes larger-than-life portraits of homeless people in New York City. Also see the artist’s sketchbooks and working photographs, and items given to Kinder by some of the people featured in the works, including cardboard signs and collection cups. The number in the show’s title — 552,830 — refers to the number of people who experienced homelessness in the United States in 2018. Another BMAC gallery contains photographs, videos, and written narratives called “Coffee & Conversation: Stories of Homelessness,” an updated version of a 2015 project that brought together Brattleboro residents experiencing homelessness with those who have stable housing. Admission: \$8, age 19 and older; \$6, age 65 and older; \$4, students; free, age 18 and under. 802-257-0124, www.brattleboromuseum.org.

A NORDIC SKI-AND-STAY PACKAGE

Throw on your winter clothes and head to Hotel Vermont in Burlington for a weekend of cross-country skiing. The hotel has partnered with Fischer Sports to offer the Ultimate Cross-Country Skiing Package, which gives two people Fischer ski rentals, a ski pass to Sleepy Hollow, Trapp Family Lodge, or Catamount Outdoor Family Center (your choice), a free Skida hat or neck warmer, and a tin of Nu Choc-



olate hot cocoa. Spend your days skiing along miles of peaceful trails. Then grab a Vermont Flannel blanket and hang out around the outdoor firepit or buy a local cider or beer from the hotel’s Juniper Restaurant and relax by the indoor wood fireplace. Packages start at \$289 for two people, based on double occupancy. 855-650-0080, www.hotelvt.com.

A RENOWNED ARTS AND CRAFTS FAIR

Enjoy handcrafted works and live music during the Paradise City Arts Festival in Marlborough, June 12-14. This juried event, originally scheduled for later this month and held at the Royal Plaza Trade Center, features works by 175 exhibiting artists, including jewelry, paintings, ceramics, glass, furniture, photography, and wearable art. A special exhibit, “Ocean View,” showcases works that capture scenes of coastal life or draw from

the patterns, hues, and shapes of the ocean and its critters. Watch Steven Wiseman demonstrate lathe and spindle turning as he creates hardwood bowls and sculptural vessels (at booth 355), and bands perform in the Sculpture Café. Free, 12 and under; \$8, students; \$12, age 65 and older; \$14, age 18 and older. Free parking. 800-511-9725, www.paradisecityarts.



THERE

CELEBRATE ROARING TWENTIES AND LITERARY ICONS

Enjoy a rare visit to the former home of F. Scott and Zelda Fitzgerald, which is housed in the only museum in the world dedicated to this literary couple. The Scott and Zelda Fitzgerald Museum in Montgomery, Ala., hosts an open house commemorating the couple’s 100th wedding anniversary, April 4. As you wander through the original parlor, sunroom, kitchen, and bedrooms, see Scott’s writing pen and books, items from Zelda’s childhood home, the couple’s love letters, and first-edition copies of all their books. The Fitzgeralds lived here from 1931 to 1932, during which they wrote portions of their novels “Save Me the Waltz” (Zelda) and “Tender Is the Night” (F. Scott). The Montgomery Museum of Fine Arts also hosts an exhibition of Zelda’s oil paintings and watercolor paper dolls, March 24-May 31, which includes works from its permanent collection and those given to the museum by Scottie Fitzgerald Smith, daughter of Zelda and F. Scott. 334-625-4333, www.mmfa.org/art/exhibitions, and 334-264-4222, www.thefitzgeraldmuseum.org.

AN EPIC CYCLING ADVENTURE

Explore 1,258 miles of Colorado countryside — pedaling by pristine lakes and blossoming wildflowers, and up and over numerous mountain passes — with Cycle of Life Adventures, June 4-30. The company’s new 26-day trip includes 89,502

feet of elevation gain as it winds through Crested Butte, Durango, Grand Mesa, and Palisade’s wine country, by Colorado National Monument, and over some of the state’s highest mountain passes (Lizard Head Pass, Red Mountain Pass, Molas Pass, and Coal Bank Pass). During three rest days, choose to fly fish, kayak, raft, golf, hike, and hang out in a spa — or just kick back and read a book. Join for a week (\$2,445-\$3,095 per week per person) or the entire trip (\$9,100). 303-945-9886, www.cycleoflifeadventures.com/epic-colorado.

EVERYWHERE

A PHONE GRIP WITH MULTIPLE USES

Take selfies, watch a movie, or shoot hands-free images from up to 30 feet away with Adonit’s new V-Grip. This compact, 3.4-ounce grip works with smartphones 4.5 inches or larger. Attach it to your phone so you can easily take selfies — just hold onto the ergonomic grip or use the 19.7-inch extendable pole for group shots. Open the handle and the V-Grip forms an adjustable stand that lets you watch entertainment hands-free. The V-Grip also comes with a detachable shutter remote: Put your phone on the stand, connect the phone and remote via Bluetooth, and take hands-free shots — great for group photos and time-lapse images. The V-Grip has a ¼-inch mount that lets you attach it to a tripod, and a cold-shoe mount for attaching a minilight or microphone to the grip. \$34.99. www.adonit.net/v-grip.

KARI BODNARCHUK