

GERMS from page 6

(porous) or hard (nonporous)? What’s the temperature and humidity in the area?

Viruses typically live longer on stainless steel, plastic and other nonporous surfaces than on fabric, tissue and other porous surfaces.

Cold germs can live on surfaces for up to one week, but they lose effectiveness after the first 24 hours. Cold germs on your hands can live for up to one hour. The influenza (flu) virus can live for up to 24 to 48 hours on hard surfaces. The coronavirus can live from a few hours to a few days.

Bacteria such as E. coli and salmonella may only live for 20 minutes but can live for up to four hours on hard surfaces. Clostridium difficile (C. diff) can last for up to five months on hard surfaces.

According to the Centers for Disease Control and Prevention (CDC), you can use hydrogen peroxide to kill a wide variety of germs, including bacteria and viruses, on nonporous surfaces. For best results, spray the surface with hydrogen peroxide and let it stand for at least one minute before wiping it off.

Many common methods kill germs, but some don’t.

Maybe, Rubbing alcohol, including hand sanitizer, can kill germs as long as it contains at least 70% isopropyl alcohol.

For best results, spray or wipe the surface with rubbing alcohol and let it stand for at least 30 seconds before wiping it off.

No. According to the CDC, vinegar and vinegar-based products are ineffective against most bacteria and viruses, including the influenza virus and coronavirus. Undiluted white vinegar may work on some types of bacteria, but it’s not the most effective way to kill germs.

According to World Health Organization, temperatures of at least 140 degrees Fahrenheit (60 degrees Celsius) are enough to kill most viruses. Boiling water can kill off the bacteria on food and running your dishwasher is enough to sterilize your dishes from germs.

According to the U.S. Department of Agriculture, hot water can kill germs, but the

level of destruction depends on several factors. These include:

The heat resistance of the germ.

Amount of time the germ is exposed to hot water.

The temperature of the water.

Food and plant particles that are present.

There are many ways you can prevent the spread of germs. The best thing you can do is wash your hands regularly with soap and water for at least 20 seconds.

Even though high temperatures kill most germs, washing your hands in cold water is fine. That’s because the water helps get rid of excess dirt, but it doesn’t get hot enough to kill the germs when you’re washing your hands.

Other ways to prevent the spread of germs include:

Carrying hand sanitizer that contains at least 70% isopropyl alcohol. This works in a pinch if you can’t access soap and water to wash your hands.

Sneezing or coughing into your elbow or covering your nose or mouth with a tissue.

Staying home if you’re sick. Avoiding people who are sick.

Practicing good food handling when cooking and storing food.

Frequently cleaning and disinfecting surfaces and objects that are touched often.

Germs are everywhere. They’re a part of life. Some germs, such as the bacteria in your gut, are actually good for you and keep you healthy. But other germs can cause harm and even be dangerous. There are many ways to prevent the spread of germs. The best way is by simply washing your hands with soap and water. If you aren’t near water, hand sanitizer is a great backup.

ABBREVIATED NOTICE OF INTENT TO CREATE ADMINISTRATIVE RULES RELATING TO N.D. ADMINISTRATIVE CODE CHAPTER 75-03-44 CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC CERTIFICATION

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed creation of N.D. Admin. Code chapter 75-03-44 relating to the certified community behavioral health clinic process and operations including eligibility, application and certification process, and services and treatment requirements at 10:30 a.m. on Friday, December 19, 2025, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.

Copies of the proposed rules are available for review at human service zones offices and at the state-operated behavioral health clinics. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, December 29, 2025.

ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 7th day of November, 2025.

ABBREVIATED NOTICE OF INTENT TO ADOPT, AMEND AND REPEAL ADMINISTRATIVE RULES RELATING TO AGRICULTURAL PRODUCTS UTILIZATION COMMISSION, ANIMAL HEALTH, DAIRY, EGGS, ENVIRONMENTAL MITIGATION, PESTICIDES, AND POULTRY BOARD

TAKE NOTICE that the North Dakota Department of Agriculture and the State Board of Animal Health will hold a public hearing to address proposed changes to the N.D. Admin. Code at 10:00 AM on December 17, 2025, at the 6th floor conference room in the State Capitol in Bismarck.

A copy of the proposed rules may be obtained by writing the North Dakota Department of Agriculture or calling 701-328-4764. Also, written comments may be submitted to North Dakota Department of Agriculture Attn: Rules Coordinator, 600 E. Boulevard Ave., Dept. 602 Bismarck, ND 58505-0020 until December 30, 2025. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the North Dakota Department of Agriculture at the above telephone number or address at least three days prior to the public hearing.

Dated this 7th day of November 2025. Doug Goehring Agriculture Commissioner

Legals

Notice of Miller Estate

Colton A. Martin, ND Id. No. 09883
Nathan P. Stittleburg, ND Id. #09008
Christopher J. Nyhus, ND Id. #06229
NYHUS LAW FIRM
PO Box 2295
515 ½ E. Broadway Ave., Suite 101
Bismarck, ND 58502
(701) 751-2262
Attorneys for Estate of Allen Miiller
Probate No. 42-2025-PR-00014

IN THE DISTRICT COURT OF SHERIDAN COUNTY, STATE OF NORTH DAKOTA

In the Matter of the Estate of Allen Miiller, Deceased.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the undersigned have been appointed Personal Representative of the above estate. All persons having claims against the deceased are required to present their claims within three months after the date of the first publication or mailing of this notice or the claims will be forever barred. Claims must be presented to Nyhus Law Firm, which represents the Personal Representative of this estate, or filed with the Court.

Dated this 3rd day of November, 2025.

/s/ Richard L. Miiller, Personal Rep.
NYHUS LAW FIRM
Colton A. Martin, ND Id. No. 09883
515 ½ E. Broadway Ave., Suite 101
P. O. Box 2295
Bismarck, ND 58502
701-751-2262 (phone)
701-425-0028 (fax)
(Nov. 20, 24 & Dec. 4, 2025)



ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMINISTRATIVE CODE CHAPTER 33-39-01 LODGING ESTABLISHMENT SANITATION STANDARDS

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed amendments to N.D. Admin. Code chapter 33-39-01, Lodging Establishment Sanitation Standards, relating to definitions, general requirements, personnel, ice and ice dispensing, guest rooms, utensil and equipment warewashing, single-service and single-use articles, beds and linen, housekeeping and laundry facilities, water recreation facilities, submission of plans, fire safety, food establishment license requirements, toilets, poisonous or toxic materials, pests, grounds maintenance, and imminent health hazards at 12:30 p.m. on Friday, December 19, 2025, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.

Copies of the proposed rules are available for review at human service zones offices and at the state-operated behavioral health clinics. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, December 29, 2025.

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Classified Ad Rates

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Card of Thanks and In Memory: \$10 for 50 words, 10 cents for each additional word.

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MISCELLANEOUS

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HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

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