

COVID-19 UPDATES & CLOSURES

4.22.2020

PREVENTION & INFORMATION

Household Cleaning to Combat COVID-19

While the World Health Organization believes that COVID-19 is spread primarily through droplets generated when an infected person coughs or sneezes, nasal discharge and saliva, the possibility of contracting the virus via a contaminated surface has not been ruled out by experts. In fact, some studies suggest that the virus can live for a few hours up to several days on surfaces. As a precaution, the Centers for Disease Control and Prevention (CDC) recommends everyone keep high-touch surfaces clean to help contain the spread of the virus, in addition to thorough and frequent handwashing.

COVID-19 Cleaning Guidelines

1. Wear disposable gloves.
2. Clean surfaces with soap and water.
3. Disinfect surfaces after cleaning.

Disinfecting Dos

Use one of these options to effectively disinfect frequently touched objects and surfaces:

1. Diluted bleach solution (See DIY Bleach Solution instructions on this page.)
2. Solution with at least 70% alcohol
3. Cleaning products approved by The Environmental Protection Agency (EPA) for use against COVID-19. **Find a list at epa.gov.**

DIY Bleach Solution CDC-Approved for Household Disinfecting

Leave this solution on appropriate household surfaces for at least one minute to effectively disinfect. 5 tablespoons (1/3 cup) bleach per gallon of water **OR** 4 teaspoons bleach per quart of water. Always allow proper ventilation when using bleach, and never mix bleach with ammonia or any other cleanser. Also, check to ensure the bleach you are using has not passed its expiration date. Source: Centers for Disease Control & Prevention (CDC)



Sneaky Surfaces

Don't let these high-touch areas slip under the radar when cleaning!
 Doorknobs • Light switches • Toilet handle
 • Cabinet pulls • Car steering wheel



Gadgets & Germs

Giving gadgets like smartphones, tablets, keyboards, remotes and touchscreens a thorough cleaning on a daily basis is a good idea under any circumstances, but current COVID-19 concerns have made this especially important. If no cleaning and disinfecting guidance is provided by the device's manufacturer, use alcohol-based wipes or sprays containing at least 70% alcohol, being careful to avoid allowing moisture into any opening. Consider putting a wipeable cover on touchscreens, and dry surfaces thoroughly with a microfiber cloth after cleaning. As always, remember to wash your hands before and after using your electronics.

Towels & Sheets

- Wash these items in hot water and detergent.
- Avoid shaking dirty laundry, and remember to clean and disinfect clothes hampers or baskets.
- SleepAdvisor.org recommends laundering sheets at least once a week, while towels should be washed daily or every other day.
- If you are handling the laundry of a sick household member, wear disposable gloves and keep that laundry separated from other items prior to washing. The CDC reports that the actual washing of contaminated and non-contaminated laundry can be done together versus in separate loads.



"Should I Make Hand Sanitizer at Home?"

Making your own hand sanitizer is not recommended by medical experts due to efficacy and safety concerns. **Opt to wash your hands with soap and warm water whenever possible over using hand sanitizer. While sanitizers can reduce the number of microbes on hands, they do not eliminate all types of germs. If you don't have access to soap and water, make sure the hand sanitizer you are using contains at least 60% alcohol for more effective germ control.**

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