



## Fighting the Coronavirus at Work and at Home

Part of the best way to minimize your exposure to the disease known as COVID-19 is to keep your home and your workplace disinfected and sanitized. Washing your hands frequently is one of the best steps you can take, but the virus can still cling to surfaces you carry with you into your sanctuary, like your clothes, shoes, and even your car.

### Wash Your Hands

Perform hand hygiene frequently. Always wash your hands after you cough, sneeze, touch your face, use the restroom, and to, at, and from work. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Wash your hands after visiting breakrooms and restrooms if you are not working at home.

### Cleaning and Disinfecting

The first thing you'll want to know is that cleaning and disinfecting are two very different things. The CDC recommends we all do a bit of both, even if nobody at your home or workplace is sick.

- Cleaning is about removing contaminants from a surface.
- Disinfecting is about killing pathogens.
- Do both often during the day at your home or work.

### First Clean, Then Disinfect:

- First, clean the surfaces, removing any contaminants, dust, or debris. You can do this by wiping them with soapy water (or a cleaning spray) and a hand towel.
- Then apply a surface-appropriate disinfectant. The quickest and easiest way to do this is with disinfecting wipes or disinfectant spray.

### Gloves and Garbage

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Use gloves when handling, and disposing of trash.

Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (see previous paragraph on washing your hands) immediately after handling these items.

### What Cleaning Products Work in Your Home, Workplace, and Car

You can use cleaning products like Clorox, Lysol, Microban and hydrogen peroxide to sanitize all the surfaces in your home, workplace, or car. Make sure you focus daily on high traffic areas.

### Sanitizing Your Home or Workplace (wipe or spray)

- Office furniture in your office (including filing cabinets, office chairs, and desks)
- Table surfaces
- Hard dining chairs (seat, back, and arms)
- Kitchen and bathroom counters
- Faucets
- Toilets (seat and handle)
- Light switches
- TV remote and game controls
- Toys
- Credit cards
- Phones



### **Sanitizing Your Car (anytime you get in to your car)**

- Car door handles and controls
- Keys or start button
- Steering wheel
- Gear shift
- Cloth Seats (a spray can be used like Lysol)
- Leather Seats (use specific wipes for leather seats)
- Dashboard
- Touchscreen (us a microfiber cloth to wipe it down, unless your manual says otherwise)
- Cup holders

### **Disinfectant Wipes**

To keep the germs at bay, use a disinfectant wipe, like Clorox Wipes, Lysol Wipes or Purell Wipes to quickly sanitize those areas. Once or twice a day should do the trick to remove germs, but if someone in your house is sick, you may want to wipe down surfaces more frequently.

### **How to Make Homemade Disinfectant Wipes:**

- 1 Cup Water
- ¼ Cup Rubbing Alcohol
- 1 Tsp Dish Soap
- 2 Tbsp. Ammonia
- 24 4"x6" rags

Mix ingredients and pour over the rags. Use them as you would store bought wipes. You can also aim your disinfecting spray into a paper towel to wipe down surfaces.

### **Disinfectant Spray**

For areas like your couch and carpet, mattresses and tables you can use a disinfectant spray like Lysol spray, Clorox spray and Sani-Prime spray to go after unseen germs. Spray in a sweeping motion to cover the entire surface, then let it completely dry. Label the spray bottles with the solution contents and their intended use (i.e., sanitizer/toys and tables).

### **How to Make Homemade Bleach Disinfectant Spray:**

- 4 Tsp household bleach (you can also use alcohol solutions with at least 70% alcohol)
- 1-2 Qtrs. water
- Pour both into s spray bottle, shake vigorously
- Spray on surface to disinfect, let sit for 10 minutes, wipe away with wet cloth

### **Cleaning Floors**

To clean the floors in your kitchen and bathroom, the CDC recommends using 1 cup of bleach mixed with 5 gallons of water to mop your floors. For porous floors, such as wood, use a disinfecting wet mop cloth or half a cup of white vinegar and 1 gallon of water.

### **Should You Disinfect Food?**

According to the FDA, there is no evidence to suggest that food or food packaging can transmit the coronavirus, so there is currently no need to disinfect food or food packaging any more than you usually would.