

# TIPS FOR DISINFECTING YOUR HOME

## Remember to clean first, disinfect later

Cleaning refers to the removal of germs from surfaces. Disinfecting refers to the use of chemicals to kill germs on surfaces. Both can lower the risk of infection spread, but you should clean first, disinfect after.

Don't forget to read the label on your disinfectants. Some need to remain wet for anywhere from two to ten minutes to be effective.

## Use household cleaners and disinfectants on frequently touched surfaces

Look at tables, doorknobs, light switches and toilets as places to start. Before you disinfect dirty surfaces, clean them with detergent or soap and water.

For disinfecting, you can use alcohol solutions that contain at least 70% alcohol, household disinfectants registered with the EPA, or diluted household bleach solutions. Don't use expired products, and don't mix bleach with any other cleaners. Common household disinfectant brands on the EPA's list include Lysol and Clorox.

The CDC recommends people create their own bleach solutions by mixing 5 tablespoons of bleach per gallon of water or 4 teaspoons bleach per quart of water.

## Wear gloves and make sure you have good ventilation while you clean

Wear disposable gloves and throw them out after you're done using them, according to the CDC.

If you're using reusable gloves, don't use them for other purposes, and clean your hands immediately after the gloves are removed. Peel the gloves away from your body, pulling them inside out, and try not to let the outside of the glove touch your skin.

## Wash dirty laundry on the warmest setting possible

There is no need to shake dirty laundry, as that can spread viruses through the air. Use the warmest appropriate water setting for washing the items and let them dry completely afterward.

If you're not using gloves when washing dirty laundry, make sure to wash your hands afterward. Also, consider washing the laundry bag that holds your clothes, as that surface can also collect germs and viruses.

## Clean your electronics

Phones and tablets are what the CDC calls "high touch" surfaces, so you're going to want to clean them. You should avoid using rubbing alcohol, disinfectants, or similar sprays, Business Insider previously reported, in part because using them can damage the protective coating on your phone's screen.

Instead, turn off your device, lightly dampen a microfiber cloth with soap and water, and scrub the screen. You can also use a UV sanitation device, which beams UV-C rays at your phone in order to kill germs.

**Please wash your hands when arriving in our community, after touching surfaces touched by others, and prior to leaving the community. If children are visiting please assist them in the same handwashing practices.**

# WHY IS IT IMPORTANT TO WASH YOUR HANDS?

Handwashing is the single most important method of preventing the spread of disease according to public health agencies. Handwashing is often taken for granted.

Children, in particular, need proper instruction in order to learn how to wash their hands correctly. It takes consistent and vigorous washing to remove the germs on our hands. The number of germs that we carry on our hands every day is astounding. When we forget to wash our hands, or don't wash our hands correctly, we can spread these germs to other people. Washing your hands correctly and frequently is the first step toward staying healthy and can help us avoid spreading and receiving germs.

## How to properly wash your hands:

- 1) **Wet** – Wet your hands with warm water
- 2) **Soap** – Apply plenty of soap to your wet hands.
- 3) **Scrub** – Scrub your hands together vigorously for a least 20 seconds. Washing the front and back of your hands, between your fingers and under your nails.
- 4) **Rinse** – Rinse your hands with warm water.
- 5) **Dry** – Dry your hands with a clean paper towel.
- 6) **Water Off** – Turn off the water using the paper towel.

## How long is 20 seconds?

Sing the "Happy Birthday" song to yourself twice!

## When should you wash your hands?

- After you use the bathroom.
- After sneezing, coughing or using a handkerchief or tissue.
- After scratching any part of the body, including face and hair.
- Before, during and after you prepare food - especially raw meat, poultry, seafood products, eggs and fresh produce.
- Before and after eating.
- Before you feed a baby.
- Before and after changing a baby's diaper.
- After handling garbage or trash.
- After handling animals or animal waste.
- Whenever your hands are dirty.