

BASIC PRACTICES



Wash hands with soap and warm water for at least 20 seconds.



Avoid touching your eyes, nose and mouth with unclean hands.



Avoid close contact with sick people.

IF YOU ARE SICK:

- a) Stay home until you are free of fever or chills without the use of fever reducing medication for at least 24 hours.
- b) Avoid close contact with others.
- c) Frequently wash your hands.
- d) Cover your nose and mouth when sneezing/coughing and wash your hands after.
- e) Keep objects/surfaces in your home/workplace clean and disinfected.
- f) Wear a surgical mask when you are in public.

CLEANING AND DISINFECTING

Taking these precautions enable a caregiver (i.e., parent, family member, nanny, etc.) or worker (i.e., housekeeping staff etc.) to perform proper clean-up and disinfection. Using a professional cleaning service is optional, not required.

1) Gather tools and supplies:

- a. Protective clothing
 - i. Chemical goggles (splash proof)
 - ii. Face shield (optional)
 - iii. Single-use apron, coverall (optional)
 - iv. Shoe cover
 - v. Gloves (dish-washing, nitrile, or other waterproof gloves)
 - vi. Sign
 - vii. Tape
- b. Soap or detergent
- c. Warm water
- d. Bucket
- e. Towel
- f. Disinfectant
- g. Plastic trash bags

2) Wear protective clothing

3) Begin cleaning:

- a. Isolate the area; keep people away (i.e., post signs, use caution tape, or close door, etc.)
- b. Follow labeled instructions on all containers
- c. Mix soap into bucket of warm water
- d. Dip towel into soap solution
- e. Wring towel and wipe affected area until all visible signs and stains are removed
- f. Rinse surface with clean water and wipe with clean towel
- g. Disinfect the surface following label instructions. Make sure the surface stays wet for at least for 10 minutes so it effectively kills the virus. This limits the risk of the virus lingering on the surface and potentially causing an infection
- h. Rinse with water
- i. Allow surface to air dry
- j. Bag porous surface items (i.e., bedding, laundry, towels etc.)
- k. Remove protective clothing
- l. Place protective clothing in trash bag and discard
- m. Wash hands after removing gloves and handling any contaminated material, trash or waste

EFFECTIVE DISINFECTANTS AND TYPES OF

- To make a bleach solution, mix 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add 1/4 cup of bleach to 1 gallon of water. Use the solution within 20 minutes.
- Other EPA-approved disinfectants may be used if they are effective against coronavirus. Consumers may contact the "1-800" number on product label for its effectiveness against COVID-19.
- A list of EPA-approved disinfectants against COVID-19 may be found on the SBCPHD COVID website at: https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf
- Hard non-porous surfaces include stainless steel, floors, kitchen surfaces, countertops, tables and chairs, sinks, toilets, railings, light switch plates, doorknobs, metal/plastic toys, computer keyboards, remote controls, recreation equipment.
- Soft porous surfaces include carpeting, rugs, towels, clothing, sofas, chairs, bedding, soft fabric toys (i.e., stuffed animals), etc.

DISINFECTING METHODS

- For hard non-porous surfaces: After cleaning, disinfect with a bleach solution, or other approved disinfectants, ensuring at least a 10-minute contact time. If the surface is in a food preparation area, make sure to rinse with water after disinfecting. For surfaces that corrode or are damaged by bleach, use registered products effective against Coronavirus.
- Soft porous surfaces: Launder by washing with hot water, using detergent containing color-safe bleach and drying on a high heat setting.

PROPER HANDLING OF DISINFECTANTS, ITEMS AND WASTE

1. Use chemicals in a well-ventilated area
2. Avoid mixing incompatible chemicals (read label)
3. Prevent chemical contact with food during cleaning
4. Handle contaminated materials as little as possible
5. Place waste into plastic trash bags and dispose in a secure trash container.

Protect yourself from all infectious diseases by following these precautions:



STAY HOME WHEN YOU ARE SICK



WASH HANDS OFTEN WITH WATER + SOAP FOR 20 SECONDS.



AVOID CONTACT WITH PERSONS WHO ARE SICK. PRACTICE SOCIAL DISTANCING.



AVOID SHAKING HANDS. OPT FOR A FIST BUMP, ELBOW BUMP, SHOE TAP OR A SLIGHT BOW INSTEAD.



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING. DISPOSE OF TISSUES IN TRASH.



AVOID TOUCHING EYES, NOSE OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES.



CLEAN AND DISINFECT 'HIGH-TOUCH' SURFACES OFTEN.



CALL BEFORE VISITING YOUR DOCTOR.



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS.



PRACTICE GOOD HYGIENE HABITS.

CLEAN ALL 'HIGH-TOUCH' SURFACES EVERY DAY

Clean and disinfect 'high-touch' surfaces such as doorknobs, counters, tabletops, phones, keyboards and bathroom fixtures often with wipes or household cleaning sprays according to the label instructions.