Novel Coronavirus (COVID-19)

PREVENTION STARTS AT HOME

Wash your hands thoroughly and often

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Wash hands after emptying waste baskets, touching tissues and similar waste.

Read the labels on cleaning products

- Follow the instructions on the product labels, including wearing gloves and having good ventilation.
- Use household cleaners and Environmental Protection Agency (EPA)-registered disinfectants that are appropriate for the surface.
- To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit http://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf
- A bleach solution can also be used as a disinfectant mix 1 tablespoon of bleach to 1 quart (4 cups) of water, or for a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.

Clean and disinfect frequently touched objects and surfaces often

1. Hard (Non-Porous) Surfaces E.g. high-touch surfaces like counters, tabletops, doorknobs, railings, bathroom fixtures, light switches, toilets, phones, keyboards, remote controls, tablets, and bedside tables.
- Clean surfaces and items to remove visible dirt and disinfect them to kill germs.
- When using disinfectants, make sure the surface stays wet for at least 10 minutes and then rinse with water, especially in an area that comes into contact with food. Allow to air dry.
- Read directions carefully when using disinfecting wipes on electronics to make sure they can withstand the use of multiple wipes that are needed to keep the surface wet long enough to meet the required contact time. Do not use surface wipes on your skin unless it says they are for human use.

2. Soft (Porous) Surfaces E.g. towels, linen, clothing, and stuffed animals.
- Launder with hot water, using a household laundry detergent and dry on a high heat setting

public health

HHSA of Mendocino County