

A Healthier Home in 5 Steps

Healthy Homes Guidance During COVID-19

1 Keep your home *clean*

First, wash surfaces with soap and warm, clean water to remove dirt and debris. Next, sanitize high-touch surfaces like tables, door knobs, and light switches, with a disinfectant.

Disinfectants can include: those you find in the store, a solution with at least 70% alcohol, or a homemade **diluted** bleach solution. If you choose to make a diluted bleach solution, read the dilution instructions extremely carefully.

Remember, disinfectants are toxic. Practice safe and proper storage of cleaning products and keep out of reach of children when using. See our "Healthy Homes Cleaning During COVID-19" for more information.

2 Keep your home *safe*

With more people in your home more often during this distancing period, it is important that your carbon monoxide and smoke alarms are functioning properly! If your alarms are "chirping", it's time to change the battery! If the units are over 5 years old, it is time to replace the alarms.

3 Keep your home *contaminant-free*

COVID-19 is a respiratory illness. Keep your lungs and the lungs of others in your family as healthy as possible. Make sure all smoking is done **outside the home**. Insist that others who smoke take off their smoking coats before interacting with people who have developing lungs (children) or compromised lungs (Elders).

Additionally, keep your family virus-free by washing hands thoroughly (count to 20 before rinsing each time!) and often with soap and water.

4 Keep your home *ventilated*

Especially because we are cleaning and disinfecting more, it is really important to **turn on fans and open vents and windows** to increase fresh air in our homes while cleaning. Otherwise, we will be breathing in the toxic cleaning product fumes.

5 Keep your home *dry*

With more people in your home, it is likely that the windows will start to fog up and it will be a little bit more moist in your home. Whenever you see moisture gathering on your windows, wipe it up. If moisture stays in your home for too long, mold will grow. Mold is a respiratory irritant and at a time when we're trying to protect our lungs, breathing in mold spores will aggravate our lungs more. Use ventilation to keep your home dry.