



HEALTHY HOMES CLEANING AND DISINFECTING DURING COVID-19

COVID-19, a flu-like illness, was declared a pandemic by the World Health Organization. Because of this, Alaskans are encouraged to avoid large gatherings, practice social distancing (maintain at least 6 feet between yourself and others) in public, and spend more time in their homes. **Keep yourself and your family healthy by first cleaning and then disinfecting your home regularly.** If available, use gloves to clean and disinfect.



TO CLEAN:

Use soap and water to clean high-touch surfaces. High-touch surfaces include: tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets and sinks.



TO DISINFECT:

After cleaning a high-touch surface, disinfect it.

Types of disinfectants you can use:

Household disinfectants. To find effective household disinfectants, visit the EPA website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Alcohol solutions with at least 70% alcohol.

Diluted bleach solution. If you decide to do this, it is VERY important that you correctly dilute the bleach. Follow label dilution instructions very carefully and wear protection on your hands. Failure to do so could result in harm for you and your family.

The typical disinfectant dilution is 4 teaspoons of bleach to 1 quart of water.

MYTH BUSTERS

There are a lot of rumors going around. Spread the truth, not the virus. **The following are facts**, and can be found on the World Health Organization's website.

1. There is no reason to believe that cold weather and snow kill the virus. Similarly, exposing yourself to temperatures over 77 degrees F or keeping your house hot will not kill the virus.
2. Hot baths **do not** prevent you from getting the virus. The best way to protect yourself from the virus is by washing your hands with soap and water.
3. Spraying alcohol, chlorine or other disinfectants on yourself **will not kill the virus** if it is already in your body. Spraying these chemicals can cause more harm to your clothes, skin, and respiratory system.
4. **People of all ages can be infected by the new coronavirus.**