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Household cleaning During COVID -19

Christy Stuth

Protecting the health and safety of your household during the COVID-19 outbreak is important for individual and community health. Taking extra precautions when first coming home and while at home can reduce your likelihood of becoming sick. Extra precautions can reduce the spread of COVID-19 to other households. The COVID-19 virus can be spread though inhaling droplets or touching contaminated surfaces and subsequently touching your face.[1] The included guide will show you how to reduce your exposure to the virus.

Based on current data, one person infected with COVID-19 can easily spread the disease to those they come in close contact with.[2,3] The Centers for Disease Control and Prevention (CDC) recommends "social distancing" defined as creating as much physical distance as practical between yourself and anyone outside your household.[4] Local governments may advise people in high-risk areas to isolate in their homes, commonly referred to as "sheltering in place."

Health experts believe that COVID-19 is primarily spread when someone breathes the air of an infected person. The air can stay contaminated for up to 3 hours.1 An individual may have COVID-19 for up to 14 days before feeling sick. Some may have the virus and never feel sick.

These people can spread the virus to countless others before they are aware of having the virus.[3] For this reason, it is important to act as if everyone, including yourself, can spread the virus.

Diligent cleaning is part of an effective strategy to prevent the spread of COVID-19. To effectively clean your home, disinfectants should be used on frequently touched, hard surfaces.[4] This is because COVID-19 can live on surfaces longer than other microbes. The virus can live on carboard for 24 hours and other hard surfaces for several days.[5] Most microbes that live in your home are unlikely to make you sick even if you come in direct contact with them.[6] Under normal circumstances, ordinary cleaning is enough to prevent infections that lead to illness. Extra steps in cleaning will help prevent infection of COVID-19, and therefore reduce your likelihood of becoming ill.

The CDC recommends washing hands regularly, not touching your face, and disinfecting frequently touched surfaces.[4] These recommendations are to prevent illness contracted by touching a contaminated surface and then moving the virus to a vulnerable place on your face, such as eyes and mouth. At home, most of us tend to relax our adherence to these directives. Our homes are often considered safe and clean. For this reason, cleaning and disinfecting frequently touched surfaces and using extra precaution when bringing items into your home will help prevent infection of COVID-19.

Cleaning Frequently Touched Surfaces

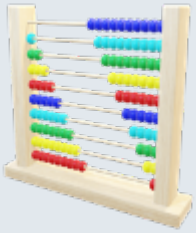
1. Before sanitizing, remove any visible dirt and grime with soap and water.
2. Choose the disinfectant method that is appropriate for the surface, follow the directions and keep in mind most surface disinfectants need at least 1 minute of wet contact time.[7]
3. Clean and sanitize frequently touched surfaces at least once daily. More frequent cleaning and sanitizing may be required for busy households and frequently touched surfaces.
4. Never mix cleaning products.
5. Test product in a non-conspicuous area before using to ensure it will not cause staining or other damage.
6. Protect your hands and clothing and use with good ventilation.

Hard, Non-Porous Surfaces

Doorknobs
Cabinet pulls
Light switches
Kitchen & bath countertops
Faucet handles
Toilet seats and flush handle/buttons Railings

Soft, Sensitive or Porous Surfaces

Wood furniture
Unpolished stone
Cloth and leather furniture
Clothing
Carpet
Toys & stuffed animals



Electronics

Phone
Remote controls
Keys, key cards, and fobs on keyrings Laptops and tablets
Mouse
Keyboard

Groceries & Household Supplies

Plastic packaging, bottles, and jugs
Meat packaging
Cardboard boxes
Canned goods
Produce

Hard, Non-Porous Surfaces

- Clorox Disinfecting Wipes
- Clorox Clean-Up Cleaner + Bleach
- Lysol Disinfectant Spray
- Lysol Multi-Purpose Cleaner with Bleach
- Lysol Multi-Purpose Cleaner with Hydrogen Peroxide
- Purell Multi-Surface Disinfectant Spray
- Microban 24 Hour Multi-Purpose Cleaner

If these products are unavailable or you prefer a more cost-effective method, make do-it- yourself bleach spray by mixing 1 Tbsp in 1 cup of water.[8] Fill a spray bottle with the bleach solution and spray on surface to disinfect, let sit for 10 minutes, wipe away with damp cloth.[4] Bleach solution needs to be made fresh daily.

Soft, SensitiVe or Porous Surfaces

- Soft surfaces should be cleaned with soap and water or appropriate cleaner.
- Follow manufacturer's directions if available.
- Items that can be laundered should be washed with warm water and dried completely.[4]

Electronics

- Follow manufacturer's directions if available.
- Clean with alcohol-based wipes or spray containing at least 70% alcohol, allow to air dry.
- May use disinfecting wipes according to manufacture's directions.

Groceries & Household Supplies

- Discard plastic and cardboard packaging before storing.
- Wipe plastic cartons and packaging with surface disinfectant.
- Clean produce using one of these methods:
  - A store-bought produce wash, following manufacturer's directions.
  - Rinsing with cool running water & scrubbing with a produce brush.
  - Soaking a few minutes in 1/2 c. white vinegar and 2 c. water. Rinse well after soaking. May slightly effect texture and taste.[9] Solution should be 4-parts water, 1- part white vinegar for smaller or larger needs.
  - There is no evidence that COVID-19 is a foodborne illness, but food safety practices should always be applied.

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AUTHOR

Christy Stuth, MPH, RDH
Area Associate Agent, FCHS

CONTACT

Christy Stuth, MPH, RDH
cread@email.arizona.edu

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