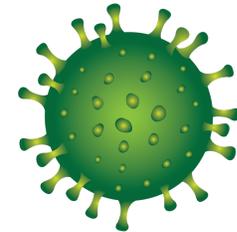


# PRACTICAL TIPS AND FAQ FOR DISINFECTING AND CLEANING DURING COVID-19



March 19, 2020  
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BECAUSE / HEALTH

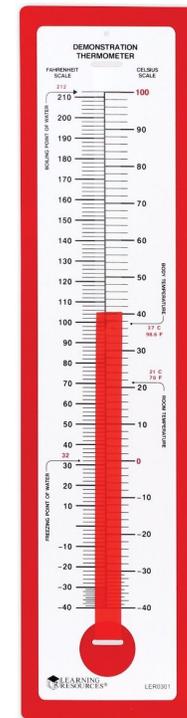
# HOW STABLE IS THE SARS-COV-2 VIRUS ON SURFACES?

Material	Undetectable In Lab Conditions After
Plastic	3-7 days
Stainless Steel	2-7 days
Glass	4 days
Wood or Cloth	2 days
Cardboard	24 hours
Copper	4 hours
Paper and Tissue paper	3 hours

- van Doremalen, Neeltje, et al. "Aerosol and surface stability of SARS-CoV-2 as compared with SARS-CoV-1." *New England Journal of Medicine* 382.16 (2020): 1564-1567.
- Chin, Alex WH, et al. "Stability of SARS-CoV-2 in different environmental conditions." *The Lancet Microbe* 1.1 (2020): e10.

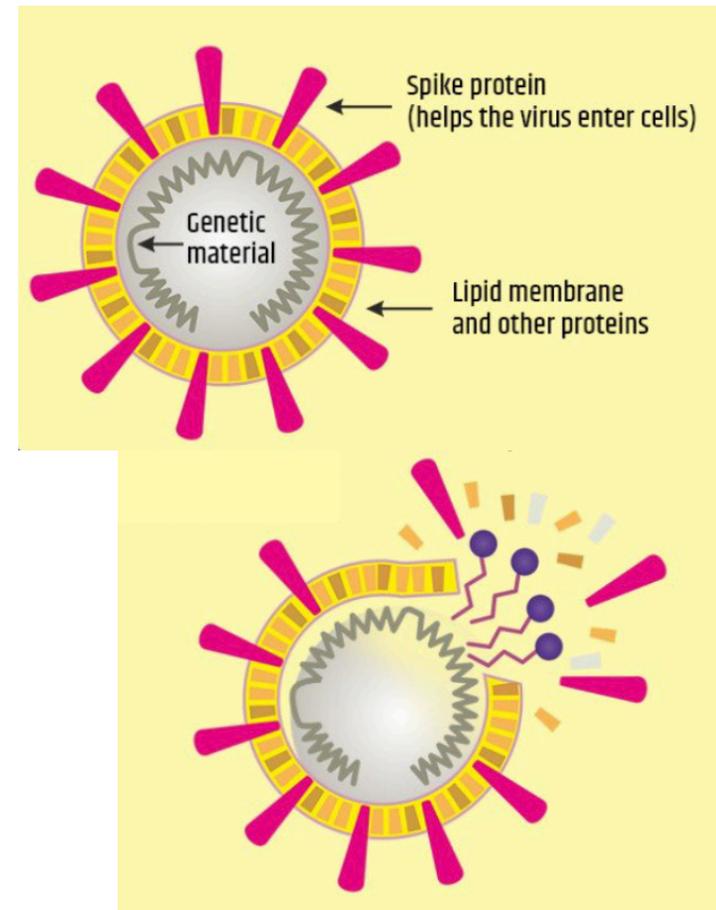
# OTHER FACTORS THAT AFFECT STABILITY

- Sensitive to Heat
  - More than 14 days at 39 degrees F
  - Less than 5 minutes at 158 degrees F
- Most likely sensitive to relative humidity
- Ultraviolet light



## 3 IMPORTANT THINGS TO REMEMBER

1. Soap is very effective at helping to remove and deactivate the virus
2. Hand washing preferred to hand sanitizer
3. Clean surfaces before disinfecting



# USING DISINFECTANTS PROPERLY

1. Look for products on EPA List N:  
Disinfectants for Use Against SARS-CoV-2
2. Pay attention to contact time, the surface should be visibly wet
3. NEVER mix products
4. Follow instructions
5. Ventilate with open windows, doors, fans



# EXAMPLES OF SAFER PRODUCTS ON EPA LIST N

EPA Design for Environment safer options: Hydrogen peroxide, Citric acid, lactic acid, ethanol, isopropyl alcohol, peroxyacetic acid, sodium bisulfate, and hypochlorous acid

- Clorox Pet Solutions Advanced Formula Disinfecting Stain & Odor Remover (5 mins)
- Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant (1 min)
- Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant Wipes (2 mins)
- Comet Disinfecting Bathroom Cleaner (10 mins)
- Diversey Oxivir™ HC Disinfectant Cleaner and Wipes (1 min)
- Force of Nature Activator Capsule (10 mins)
- Lysol Bathroom Cleaner (5 mins)
- Lysol® Neutra Air® 2 in 1 (30 seconds)
- PURELL Multi-Surface Disinfectant and Professional Surface Disinfectant (1 min)
- PURELL Professional Surface Disinfectant Wipes (5 mins)



# WHAT SURFACES SHOULD I DISINFECT?

- Door handles or knobs
- Locks
- Light switches
- Tables and counters
- Cabinet and appliance handles
- Toilet flushers
- Faucets
- Cell phones
- Laptops and keyboards/mouse
- Remote controls
- Garage door opener



# WHAT ABOUT DIY DISINFECTANTS?

- Alcohol solutions with at least 70% alcohol (1 min)
- Hydrogen peroxide 3%, must be kept in dark bottle (3-5 mins)
- $\frac{1}{3}$  cup bleach per 1 gallon of water or 4 teaspoons bleach per quart of water (5 mins, solution only lasts for 24 hours)
- NEVER mix ingredients



# WHAT ABOUT DIY CLEANERS?

- Remember you should clean before disinfecting surfaces!
- Always a good idea to stay away from fragrances and unnecessary chemicals

## DIY ALL PURPOSE CLEANERS



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# WHAT ABOUT HAND SANITIZER?

- Do not use surface cleaners/disinfectants on hands or skin
- Hand washing is preferred to hand sanitizer
- Hand sanitizer doesn't work well if hands are dirty or greasy
- Use properly- rub for 30 seconds
- Preferable to buy hand sanitizer
- If you have to DIY, make sure anything you make is at least 60% alcohol
  - Mix in slowly 2/3 cup 91% rubbing alcohol and 1/3 cup vegetable glycerin or aloe vera gel



# WHAT ABOUT DISINFECTING GROCERIES AND OTHER DELIVERIES?

- May not be necessary, highly unlikely to be source of transmission
- When you can, just dispose of packaging or leave alone for a couple of days
- Can wash or disinfect bottles and other packaged groceries that need to be refrigerated or frozen
- Remember soap and water is effective and easy way to deactivate and remove virus
- DO NOT spray disinfectants directly on food
- Wash hands after handling all packages and deliveries



# DOES LAUNDRY DEACTIVATE THE VIRUS?

- Yes! Using detergent, hot water in washer and/or dryer
- Don't shake dirty clothes
- Wash hands after handling potentially contaminated clothes
- Wash the laundry bag
- Changing clothes when you get home is a good idea, but not necessary



# HOW DO I CLEAN MY FACE MASKS?

- Disposable masks should not be sanitized or washed
- Cloth masks should be washed with soap or detergent with every use
- Filters should be single use
- Wash hands after touching
- You can leave them alone for a week plus, but remember there are other germs that can persist for longer



# WILL AN AIR PURIFIER HELP?

- Might help if someone at home is sick. Run in room near sick person
- Could be a good idea anyways since we're inside so much now
- Replace filters according to recommendations
- Opening windows also helps



# WHAT IF ALL I HAVE IS BLEACH OR A QUAT BASED DISINFECTANT?

- Ventilate, ventilate, ventilate
- Wear gloves
- Follow directions, note expiration dates
- After recommended contact time, can go back over surfaces with water
- Do not use around children or let them help or play with products
- Store out of reach (really out of reach)



## OTHER TIPS

- When leaving the house, don't wear or bring things you can't wash or disinfect easily (for example leather belt or leather bag)
- Don't leave the top to disinfectant wipes open!