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

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Karen Wang, PhD
### How Stable is the SARS-CoV-2 Virus on Surfaces?

<table>
<thead>
<tr>
<th>Material</th>
<th>Undetectable In Lab Conditions After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plastic</td>
<td>3-7 days</td>
</tr>
<tr>
<td>Stainless Steel</td>
<td>2-7 days</td>
</tr>
<tr>
<td>Glass</td>
<td>4 days</td>
</tr>
<tr>
<td>Wood or Cloth</td>
<td>2 days</td>
</tr>
<tr>
<td>Cardboard</td>
<td>24 hours</td>
</tr>
<tr>
<td>Copper</td>
<td>4 hours</td>
</tr>
<tr>
<td>Paper and Tissue paper</td>
<td>3 hours</td>
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</tbody>
</table>

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
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
EPA Design for Environment safer options: Hydrogen peroxide, Citric acid, lactic acid, ethanol, isopropyl alcohol, peroxycetic 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)
• ⅓ 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
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!