

Cleaning for COVID-19

<p>Presenter</p>	<p>Information Provided by Aileen Gangney & Tribal Healthy Homes Network</p>
<p>COVID-19: How the Virus' spreads</p>	<ul style="list-style-type: none"> • Foodborne • Waterborne • Person-to-Person • Airborne • Droplet Transmission • Contaminated surfaces otherwise called touchpoints
<p>Key Message:</p>	<p>How to Clean & Disinfect for COVID-19.</p> <ul style="list-style-type: none"> • Clean the area or item with soap & water (dishwashing soap for example) or another detergent, then use a household disinfectant. • Wear disposable gloves to clean & disinfect if available. • Wash, Rinse & then Dry
<p>1st point: Rules of Thumb for Cleaning</p>	<ul style="list-style-type: none"> • Use the Proper Concentration of disinfectant "Read the label" • Follow product label & hazard warnings • Rinse with clean water and allow drying time
<p>2nd point: Safer Asthma friendly sanitizers & disinfectant</p>	<ul style="list-style-type: none"> • There are safer & asthma friendly distinctions in sanitizers and disinfectants look for the following symbols and labels <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>epa.gov/saferchoice</p> <p>Consumer products (primary mark)</p> </div> <div style="text-align: center;">  <p>epa.gov/dfsaferchoice</p> <p>Institutional and industrial products</p> </div> <div style="text-align: center;">  <p>epa.gov/saferchoice</p> <p>Fragrance-free products</p> </div> <div style="text-align: center;">  </div> </div> <ul style="list-style-type: none"> • Some disinfectants are known to cause asthma and/or make it worse and some can cause irritate to the eyes, skin, nose, throat and cause headaches. • The Responsible Purchasing Network has identified products such as hydrogen peroxide, ethanol, or citric acid that are safer for both human and environmental health.

<p>3rd point: Disinfectants (such as bleach)</p>	<ul style="list-style-type: none"> • Not a cleaner but a disinfectant (proper PPE such as gloves & eye protection) should be used while using • Allow for proper ventilation during & after use • Must leave on surface for 10 minutes to properly disinfect • Rinse with water after use • Solution <u>Must</u> be made daily to maintain potency
<p>Important vocabulary:</p>	<p>Clean: <u>remove germs</u>, dirt and impurities from surfaces. Works by using soap/detergent, water, and friction to physically remove dirt, germs and viruses from surfaces.</p> <p>Sanitize: <u>Reduces germs</u> on surfaces to levels considered safe for public health (usually 99.99%) Must be EPA registered.</p> <p>Disinfect: <u>Destroys almost all infectious germs</u>, when used as the label directs on a surface</p>
<p>Resources (include any questions you have remaining after the presentation)</p>	<p>https://www.youtube.com/watch?v=RRtUnVAVBBo https://www.youtube.com/watch?v=F3x8x5CcxYE&feature=youtu.be https://www.epa.gov/saferchoice</p>

Basics of Personal Prevention & Protection:

- Wash your hands with plain soap and warm/hot water often for at least 20 seconds. Don't forget to remove any rings & protect/clean any cuticle cracks.
- Cough & sneeze into your elbow
- Avoid touching your eyes, nose or mouth, especially outside of the home.
- Social distancing (6' or more)
- Wear a face cover over your mouth & nose in public
- Stay Home when sick!!!!!!

