

Keeping Germs at Bay

Clean and disinfect frequently touched surfaces **daily**. This includes:

- Tables
- Doorknobs
- Light switches
- Countertops
- Handles
- Desks
- Phones/Cell phones
- Keyboards/iPads/Tablets
- Toilets, faucets and sinks

Cleaning Products to Use:

Bleach

- The CDC recommends a diluted bleach solution for virus disinfection.
- Wear gloves while using bleach, and never mix it with anything except water. (The only exception is when doing laundry with detergent.)
- To prepare:
 - For a gallon container: Use 1/3 cup bleach per 1 gallon of water
 - For a Quart container: Use 4 teaspoons bleach per 1 quart of water

Isopropyl Alcohol

- Alcohol solutions with at least 70 percent alcohol are effective against germs and viruses.
- Do not dilute the alcohol solution.
- Alcohol is generally safe for all surfaces but can discolor some plastics.

Hydrogen Peroxide

- According to the CDC, household (3 percent) hydrogen peroxide is effective in deactivating rhinovirus, the virus that causes the common cold, (one of the most difficult virus to destroy) within 6 to 8 minutes of exposure.

Pour it undiluted into a spray bottle and spray it on the surface to be cleaned, but let it sit on the surface for several minutes.

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What NOT to Use for Disinfecting:

Vodka

- There are widely circulated recipes on the internet using vodka to combat germs/viruses. Vodka is a 80-proof product **DOES NOT** contain enough ethyl alcohol (40 percent compared with the 70 percent required) to kill most germs.

Distilled White Vinegar

- Disinfection recommendations using vinegar are popular online, but there is no evidence that they are effective against killing germs/virus.

Cleaning Your Cell Phone and iPad/Tablets:

Statistically speaking, your phone is probably very dirty. Maybe even dirtier than a public toilet seat. Given the need to be more effective in decreasing risk for spreading germs and viruses and the CDC's recommendation for handwashing— you definitely should get in the habit of cleaning it. Below is how to keep your phone as germ-free as possible.

According to the Apple Website, you can use:

- Clorox Disinfecting Wipes or 70 percent isopropyl alcohol wipes to wipe the display, keyboard, and other exterior surfaces of your Apple devices as long as you avoid getting moisture in any of the device's openings.
- Do not submerge your device in a cleaning liquid, and do not use bleach, aerosol sprays, or abrasives, as they can wear down your phone's oil resistant coating.
- Do not spray anything directly on your phone's screen.
- You can also use a microfiber cloth or lens cloth with warm soapy water.
- Similarly, you can buy a screen cleaner kit with a cloth and cleaning spray included.
- You can also purchase an antibacterial screen protector.
- There is also PhoneSoap, a company that makes UV sanitizers that kill the bacteria on your phone while you charge it.