



COVID-19 INFORMATION



FRONTLINE

For frontline staff responding to COVID-19, daily household tasks can become even more of a chore. Here are some tips to help make them a bit easier.

Keeping your home COVID-clean

Can you catch coronavirus (COVID-19) from a kitchen counter? Is there a special way to do laundry? How should soft furnishings be sanitised?

Since the virus can live on different surfaces for a few hours to several days, how should you clean your home?

If no one in your home is sick

There's no need to spend hours cleaning. Instead, prevent the virus from entering your home by:

- Cleaning and disinfecting (they're different!) high-touch surfaces like refrigerator handles and TV remotes
- Safely laundering clothes
- Frequently washing hands properly with soap and water.

Did you know? Cold water and warm water are equally effective at killing germs and viruses — as long as you use soap and wash your hands the right way!

If someone in your home is sick

Cayman's Public Health officials say follow the advice from the US Centers for Disease Control and Prevention (CDC). The ill person should stay in one room away from others, and use a separate bathroom if possible. To protect others, clean and sanitise the rest of the house.



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Cleaning the Home

Regularly cleaning and disinfecting high-touch surfaces lowers the risk of infection. Common high-touch surfaces include:

Door handles, tables, chairs, handrails, kitchen and bathroom surfaces, taps, toilets, light switches, mobile phones, computers, tablets, keyboards, remote controls, game controllers and favourite toys.

What to use

Follow instructions on the package. Wear disposable gloves and ensure there is good ventilation.

Beyond cleaning: How to disinfect

Clean dirty surfaces with soapy water, then sanitise with a disinfectant spray, or wipe with a product containing 70%

alcohol. A solution of diluted bleach (4 tsp of bleach per quart of water) can also be used on some surfaces, but vinegar and other natural products are not recommended. Disinfectant wipes and sprays typically need to stay wet on a surface for several minutes to be effective, so don't wipe them off immediately. Always read the directions to make sure cleaning products are being used as recommended, and be careful not to damage sensitive items such as mobile phones and electronic devices when wiping them down.

If you don't have disinfectants, still do a thorough cleaning with soapy water – it's better than doing nothing. And remember, don't submerge electronic items in any solution.

Washing clothes at home

Many items of clothing have plastic and/or metal elements on which the virus can live on for a few hours to several days. Here's how to do your laundry.

- Wash clothes, bedding and towels regularly, using detergent and the warmest water settings for those items. Dry completely, preferably in a hot dryer.
- Wear disposable gloves when handling laundry from a sick person, and wash and dry their items separately.
- Don't shake dirty laundry, to minimise the possibility of making the virus airborne.
- Clean and disinfect clothes hampers with soapy water, or 70% isopropyl alcohol, or the above bleach mixture. Better still, store dirty laundry in disposable bags.
- Wash your hands with soap and water, or use an alcohol-based hand sanitizer immediately afterwards.

Cleaning rugs and soft surfaces.

For larger household items like sofas with non-removable covers, wipe the fabric with soapy water (test a small inconspicuous area first) and dry completely. Or you can cover the sofa with a removable cover or sheet, which can be laundered frequently. Clean area rugs with soapy water (or roll them out of the way, or take them up completely).

Other 'clean' practices include removing your shoes when entering the home, and changing into clean clothes after being in public places like supermarkets and banks.

Common sense is key to protecting your home from COVID-19 because for most of us, it's impossible to clean and disinfect daily. So focus on kitchen and bathroom surfaces, and always remember to keep washing your hands with soap and water!

Adapted from information from [Unicef.org](https://www.unicef.org) and [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

