



PREVENTING THE SPREAD OF RESPIRATORY ILLNESS IN THE HOME

WASH YOUR HANDS THOROUGHLY AND OFTEN



- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Wash hands after emptying waste baskets and touching tissues and similar waste.
- For posters, see publichealth.lacounty.gov/acd/docs/HandwashingSteps.pdf

READ THE LABELS ON CLEANING PRODUCTS



- Follow the instructions on the product labels, including wearing gloves and having good ventilation.
- Use household cleaners and Environmental Protection Agency (EPA)-registered disinfectants that are appropriate for the surface.
- To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit www.epa.gov.
- A bleach solution can also be used as a disinfectant - mix 4 teaspoons of bleach to 1 quart (4 cups) of water, or for a larger supply, add 1/3 cup of bleach to 1 gallon (16 cups) of water.

CLEAN FREQUENTLY TOUCHED OBJECTS AND SURFACES REGULARLY

Hard (Non-Porous) Surfaces

E.g. high-touch surfaces like counters, tabletops, doorknobs, railings, bathroom fixtures, light switches toilets, phones, keyboards, remote controls, tablets, and bedside tables.



- Clean surfaces and items to remove visible dirt and disinfect them to kill germs. When using disinfectants, make sure the surface stays wet for at least 10 minutes and then rinse with water, especially in an area that comes into contact with food. Allow to air dry.
- Read directions carefully when using disinfecting wipes on electronics to make sure they can withstand the use of multiple wipes that are needed to keep the surface wet long enough to meet the required contact time.

Soft (Porous) Surfaces

E.g. towels, linen, clothing, and stuffed animals.

- Launder with hot water, using a household laundry detergent and dry on a high heat setting

FOR MORE INFORMATION



CDC guidance on cleaning and disinfection in households to prevent COVID-19 transmission cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

For more information about how to prevent COVID-19 at and in the community, visit publichealth.lacounty.gov/Coronavirus