May 15, 2020

## Surry County Media Campaign Day 5: Cleaning and Disinfecting

According to a study completed by the National Institutes of Health (NIH) COVID-19 can survive for several hours to days in aerosols and on surfaces.  Scientists found that COVID-19 was detectable in aerosols for up to three hours, up to 24 hours on cardboard, and up to two to three days on plastic and stainless steel.  This further suggests that people can potentially acquire the virus through the air and after touching contaminated objects.

While experts encourage thorough handwashing and hygiene practices to protect yourself and others, if you are able to work remotely or stay home, you may also be wondering what you can do to keep your home clear of COVID-19.  While bathrooms and kitchens are the areas that tend to harbor the most germs, there are other areas that experts say should get a good cleaning, including:

- Remote controls
- Game controllers
- Keyboards and computer mice
- Cell phones and land lines
- Light switches and switch plates
- Door knobs and doors
- Staircase railings
- Commonly used desk and table tops

The Centers for Disease Control and Prevention (CDC) provides guidelines for cleaning and disinfecting households. First, it is important to understand the difference between cleaning and disinfecting.  Cleaning refers to the removal of germs, dirt, and impurities from surfaces.  Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.  Disinfection refers to using chemicals, for example, EPA-registered disinfectants, to kill germs on surfaces. The process of disinfection does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further reduce the risk of transmission.

According to CDC guidance, most EPA-registered cleaning products on the market are efficient at cleaning any household surfaces.  Please visit https://www.epa.gov/coronavirus to find more information on disinfectants that are effective against COVID-19

To stay up-to-date on COVID-19 in North Carolina and to learn more, visit ncdhhs.gov/coronavirus or text COVIDNC to 898211. Call 2-1-1 (or 888-892-1162) for general questions or for help finding human services resources in your community.

# Clean and Disinfect

## for COVID-19

**SURRY COUNTY HEALTH & NUTRITION CENTER**

## How do I clean and disinfect?

### Put on disposable gloves.
Throw them away when you're done.

### First, clean to remove dirt.
Use soap and water to remove dirt and debris.

### Next, disinfect to kill germs.
Disinfectants need different times to work. Follow the directions on the label.

### Throw away gloves & wash your hands.
Scrub hands for 20 seconds with soap and water.

## What should I use?

EPA-approved cleaning and disinfecting products.

Products with at least 70% alcohol solutions.

Mix 4 teaspoons of bleach with 1 quart of water.

## How often should I clean and disinfect?

### 1-3 times a week

Bathrooms, kitchens, and frequently touched surfaces like light switches, remotes, door handles, cell phones, and toys.

### Weekly

Sleeping areas.
Clean and disinfect more often when dirty.