

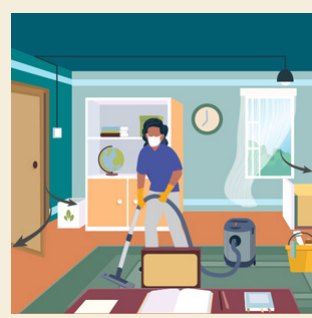


MAINTAINING A CLEAN HOME

PLACES TO CLEAN

- **CLEAN** the following often:
 - High touch surfaces
 - Doorknobs, light switches, countertops
 - Bathroom
 - Kitchen
- **Read all instructions on product labels**
- **Attempt to disinfect**

CLEANING DEFINITION
 ~Removes dirt, dust, crumbs, and germs from surfaces or objects. When you clean, you will likely use soap (or detergent) and water to physically clean off the surfaces and objects. This may not necessarily kill the germs



HOW TO DISINFECT

DISINFECTING DEFINITION
 ~Uses chemicals to kill germs on surfaces and objects. Some common ones are bleach and alcohol solutions. You usually need to leave the disinfectant on the surfaces and objects for a certain period of time to kill the germs.

- **Find products on the EPA list N**
 - These aim to kill COVID-19
- **Homemade Bleach solutions can always be substituted for store brand ones**
 - Make sure proper gloves and attire are worn
 - Some products can stain clothing and furniture
- **Use proper ventilation and wash your hands after**

SOURCE:
 1. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html#bedrooms-bathroom>
 2. [https://medlineplus.gov/cleaningdisinfectingandsanitizing.html#:~:text=cleaning%20removes%20dirt%2C%20dust%2C%20crumbs,not%20necesarily%20kill%20the%20germs.&text=disinfecting%20uses%20chemicals%20\(disinfectants\)%20to,germs%20on%20surfaces%20and%20objects.](https://medlineplus.gov/cleaningdisinfectingandsanitizing.html#:~:text=cleaning%20removes%20dirt%2C%20dust%2C%20crumbs,not%20necesarily%20kill%20the%20germs.&text=disinfecting%20uses%20chemicals%20(disinfectants)%20to,germs%20on%20surfaces%20and%20objects.)

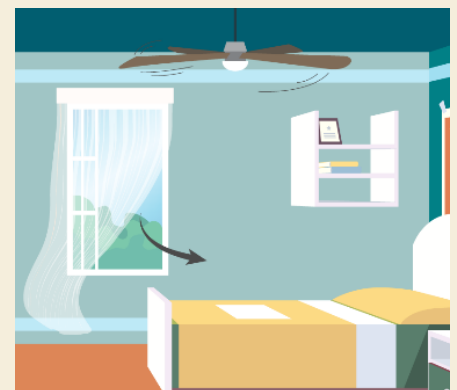




MAINTAINING A CLEAN HOME

CLEANING WITH A SICK PERSON AT HOME

- **Wear a mask and gloves while cleaning**
 - **Limit exposure in the room**
 - **Only clean around where the sick individual is**
- **Use proper adequate ventilation**



ADHERE TO GUIDELINES

- *Don't hesitate to vaccinate
- *Mask up in crowds, large gatherings, and around unvaccinated people
- *Clean + Disinfect often
- *Use proper hand hygiene
- *Maintain proper physical/social distance

SOURCE:
1. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/DISINFECTING-YOUR-HOME.HTML#BEDROOMS-BATHROOM](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html#bedrooms-bathroom)