



MAKE YOUR HOME A HAVEN

TIPS FOR CLEANING, DISINFECTING AND PROTECTING YOUR FAMILY

Your home is your sanctuary—and now more than ever, it's a place to keep your family safe. Here we offer guidance and recommendations, directly from the Centers for Disease Control and Prevention (CDC), to help you create healthy habits and make your home a true haven.

By now, we all know the importance of washing our hands properly to avoid the spread of germs. Equally important is cleaning and disinfecting frequently touched surfaces and laundering soft items to further reduce the spread of germs.

ROUTINELY CLEAN + DISINFECT SURFACES DAILY

This is a winning combination! Clean with soap and water to *remove* germs and surface grime, then use chemicals to disinfect and *kill* germs that can spread infection.

Use the following tips to clean and disinfect frequently touched surfaces such as tables, door and cabinet handles, light switches, counters, faucets, sinks, toilets, desks, computers, remote controls, phones, keys, wallet, even your car—from the steering wheel to the signal lever, knobs and switches.

- Make sure you have good ventilation
- Wear gloves when possible—toss disposable ones immediately and don't use reusable gloves for other purposes
- Follow all directions on cleaners, especially the amount of time to leave on the surface before wiping away, and do not use expired products as they may not be effective against germs or the virus
- For certain surfaces, you can use a diluted bleach solution—5 tablespoons per gallon of water or 4 teaspoons per quart of water—leave on the surfaces for five minutes
- If using rubbing alcohol, it should contain at least 70% alcohol
- For cell phones and other devices, use disinfectant wipes containing a max of 70% isopropyl alcohol to clean the screen. Apple has recently stated that Clorox Wipes can be used on their devices. Keep liquids away from ports, be careful with all touchscreens and dry with a soft or microfiber cloth

View a list of cleaning solutions to fight COVID-19 at bit.ly/covid-products

WASH ITEMS THAT CAN GO IN THE LAUNDRY

Any item that can safely be laundered should be washed. In addition to clothing, this can include things such as rugs, towels, bedding, pillows and stuffed animals.

- Launder soft items using the warmest appropriate water setting and dry items completely
- Do not shake out items before laundering and use either a disposable liner in all hampers or one that can be laundered
- Frequently wash all outerwear and if you're required to work out of the house or have been in a crowded area, remove your clothing and put them directly in the washer when you return home

DESIGNATE A DROP ZONE

If you have to leave the house, drop your items in a designated spot when you return. This helps to protect other areas of your home from germs.

- Take your shoes off at the door and put them away
- Put clothes in the hamper or washing machine upon returning home
- Wash your hands, then using the tips above, disinfect your phone, wallet and other personal items that you used throughout the day

