

New Cleaning Tips (Covid-19)

Did You Miss Any of These?

(Preparing You for the New Normal)

NEW Section: Isolation Tool Kit

Collection of Resources, Information & Tools (listed as resource links)

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Click the links below for a curated list of resources

CLEANING ([click here](#))

EPA released a list they say work against viruses similar to Coronavirus (nearly 200 new products)

Wipes are hard to come by (what to do)

Washing (1 extra step)

Typical cleaning steps for cleaning companies

The New Coronavirus Can Live On Surfaces For 2-3 Days — Here's How To Clean Them

HOW TO END THE EPEDEMIC FASTER ([click here](#)) How epidemics spread

ISOLATION TOOL KIT ([click here](#))

Tips on staying home

How to self-isolate if you think you have virus

Simple self-isolation plan

Simple tutorials (for seniors) using Skype

Cleaning

EPA released a list of products that they say work against viruses similar to Coronavirus

An expanded list of EPA-registered disinfectant products that have qualified for use against SARS-CoV-2, the novel coronavirus that causes COVID-19. The list contains nearly 200 additional products—including 40 new products that went through the agency’s expedited review process. The agency also made key enhancements to the web-based list to improve its usefulness.

- <https://www.epa.gov/newsreleases/epa-expands-covid-19-disinfectant-list>
- <https://www.marketwatch.com/story/heres-the-epas-list-of-over-300-coronavirus-fighting-cleaning-products-2020-03-08>

Wipes are hard to come by

You can instead buy an EPA-registered disinfecting spray, such as one on [this list from the Center for Biocide Chemistries](#), (<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>) recommended by the Centers for Disease Control and Prevention and by [Dr. David Warren](#), an infectious disease specialist at Washington University School of Medicine in St. Louis.

Or make a bleach-based spray yourself.

You can make [a DIY cleaning spray](#) by mixing 4 teaspoons bleach per quart of water, according to the CDC. <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

Hand sanitizer is effective at killing viruses, too, although hand-washing is preferred, according to the CDC. If you can't get to a sink, hand sanitizer is a good backup plan — just make sure it's at least 60% alcohol. <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

- <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>
- https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-preventspread.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-preventspread.html
- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

Washing

Spend some time rubbing the backs of your hands as well as the front, interlace your fingers and pull them through, soap up each thumb with the opposite hand and, finally, to keep your fingernails virus-free, lightly scratch them against your palm.

(For more detail, listen to NPR *Short Wave's* Maddie Sofia give a lesson [here](#).)

<https://www.npr.org/2020/02/28/810501490/handwashing-101-a-guide-to-proper-washing-and-drying>

General/Typical cleaning protocol for cleaning companies

Cleanup Scope of Work and Planning The CDC encourages cleaning of high-touch surfaces such as counters, tabletops, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, and tables at a minimum.

These surfaces are mentioned in the CDC's guidance for commercial spaces as well including:

- Kitchen/Food Areas • Bathrooms • Schools/Classrooms • Offices • Retail Spaces • Water Fountains • Shelving and Racks • Sales Counters • Carpets and rugs • Stair Handrails • Elevator Cars • Playground Equipment • Fitness Equipment

The New Coronavirus Can Live On Surfaces For 2-3 Days — Here's How To Clean Them

"This virus has the capability for remaining viable for days," says study author, James Lloyd-Smith, an assistant professor of ecology and evolutionary biology at the University of California, Los Angeles, who researches how pathogens emerge.

<https://www.npr.org/sections/health-shots/2020/03/14/811609026/the-new-coronavirus-can-live-on-surfaces-for-2-3-days-heres-how-to-clean->

[them?utm_campaign=storyshare&utm_source=facebook.com&utm_medium=social&fbclid=IwAR2OyujEtnQx63noU0zv1_wZl-gdXw6c_bsyvdZKNQbiRILg-njl8nBTv-k](https://www.npr.org/sections/health-shots/2020/03/14/811609026/the-new-coronavirus-can-live-on-surfaces-for-2-3-days-heres-how-to-clean-them?utm_campaign=storyshare&utm_source=facebook.com&utm_medium=social&fbclid=IwAR2OyujEtnQx63noU0zv1_wZl-gdXw6c_bsyvdZKNQbiRILg-njl8nBTv-k)

H

ow to ends the pandemic faster

As governments and public health agencies work to treat infected people and control the spread of covid-19, researchers are using mathematical models to estimate how contagious it is and how far it could spread.

How epidemics spread

<https://www.washingtonpost.com/graphics/2020/health/coronavirus-how-epidemics-spread-and-end/>

Goal- Flatten the curve

<https://www.flattenthecurve.com>

Isolation toolkit

Self-isolation includes: people with coronavirus, at risk groups self-isolating now, careers or at risk/ infected people and their friends and families.

From NHS: Tips for staying at home

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

How to self-isolate if you think you have coronavirus

<https://www.vox.com/2020/3/11/21174726/coronavirus-social-distancing-self-isolation-how>

Just Stay: A Simple Self Isolation Plan

A self-isolation toolkit written by Cameron Sinclair who has domestic and international experience working in disaster and crisis. This contains a list of things a person should stock

and other tips. <https://docs.google.com/document/d/1-n32fwa3oRLNWIMwMHHPOGLWwgMsKxIbtT3DrVEMHzY/edit?fbclid=IwAR3MZRTzfbTu9PYn6Vv9mm003E6XHemlw4mmZHU3ZZbdPS5endMiKuA5pfk>

How Hospitals, Hospices & Care facilities can use Skype to reduce loneliness

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5833092/>

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