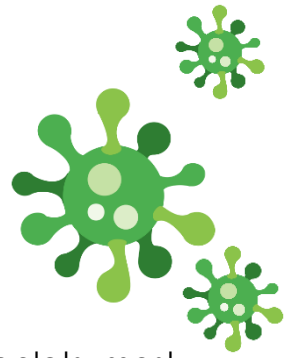


# CORONAVIRUS (COVID-19)

## What You Need To Know



### About COVID-19:

- The virus originated in animals but mutated to spread in humans.
- Similarly to the flu, the virus spreads from person-to-person via respiratory droplets, most frequently through close contact.
- Evidence suggests that the coronavirus may remain viable for hours on surfaces.
- High risk populations for severe illness include older adults, people with weakened immune systems and those with chronic medical conditions.
- Symptoms include fever, cough, difficulty breathing, pressure and discomfort in the chest.
- Symptoms may take up to 14 days to appear after exposure to the virus.

### Hygiene and Preventative Measures:

- ✓ Wash hands regularly with soap and water for a minimum of 20 seconds. If not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ✓ Avoiding touching eyes, nose, or mouth.
- ✓ Always clean your hands after blowing your nose, coughing, or sneezing, and after using the restroom.
- ✓ Wash your hands and clean tables and counterspace prior to eating or preparing food.
- ✓ Cough and sneeze into a tissue or the sleeve in your elbow crease.
- ✓ Place sanitizers, disinfectant wipes and tissues in prominent places around you to encourage regular cleaning.
- ✓ Avoid touching other people, including handshakes and hugs.
- ✓ Stay home if you are sick.

### Stock Up On:

- ☐ Dried goods
- ☐ Pasta sauces
- ☐ Canned soups, vegetables and beans
- ☐ Frozen foods
- ☐ Soap
- ☐ Hand sanitizer
- ☐ Facial tissue
- ☐ Toilet paper
- ☐ Paper towels
- ☐ Plastic garbage bags
- ☐ Disposable Gloves
- ☐ Dish soap
- ☐ Laundry detergent
- ☐ Bleach
- ☐ Cleaning and disinfectant products



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## Recommendations for Cleaning and Disinfection

### General Tips:

- Routinely clean frequently touched surfaces (tables, countertops, doorknobs, light switches, handles, remotes, desks, toilets, faucets, sinks) with household cleaners and disinfectants that are appropriate for the surface. *Ensure you follow label instructions for safe and effective use of cleaning products.*
- Wear disposable gloves while cleaning and disinfecting.

### For Surfaces:

- ✓ Clean surfaces using detergent or soap and water prior to disinfection.
- ✓ For disinfection of hard surfaces, diluted household bleach solutions or alcohol solutions with at least 70% alcohol should be effective. *Never mix bleach with ammonia or any other cleaner. Ensure bleach is suitable for the surface prior to use.*
- ✓ For soft, porous surfaces such as rugs, carpeted floor, and drapes, clean with appropriate cleaners for those fabrics (Bissel, Rug Doctor, Lysol, etc.). If possible, launder items using the warmest water setting appropriate for the items and dry items completely.

### Clothing, Towels, Linens, and Other Laundry:

- ✓ Wear disposable gloves when handling laundry. If reusable gloves are used, ensure they are not used for any other household purpose. Clean hands immediately after gloves are removed.
- ✓ Do not shake the laundry; this will minimize the possibility of dispersing the virus through air.
- ✓ Launder items using the warmest water setting appropriate for the items and dry completely.
- ✓ Clean and disinfect laundry hampers according to the surface cleaning recommendations above.
- ✓ When possible, use a disposable bag or a bag that can be laundered to line hampers.