The best way to prevent illness is to avoid being exposed to the virus.

Wearing a mask that covers your mouth and nose is an effective way to protect your health.

FAST FACTS
COVID-19 is caused by a virus
The virus can live on surfaces for many days
Cleaning and disinfecting are not the same thing
Cleaning and disinfecting products can be harmful

DISINFECTING 101

- Be safe. Turn on a fan or open windows and wear gloves when handling or using harsh cleaning products or disinfectants. They can cause harm.
- Clean first. Start by washing surfaces to remove dirt and reduce germs with soap and water.
- Disinfect next. Use a product or mixture that contains bleach or alcohol to kill germs. A disinfectant is meant for using on surfaces, not pets or people.
A FEW NOTES FROM OUR FRIENDS

Our friends at the Ecology Center provided the following tips to protect your health:

Be sure to read the labels of products you purchase, and
- Avoid disinfectants with “quats” or quaternary ammonium compounds, especially if someone in the home has asthma (they are restricted from use in California schools)
- Use the home disinfecting solutions below or look for products with alcohol or hydrogen peroxide, such as:
  - Purell® Multi Surface Disinfectant
  - Lysol® Hydrogen Peroxide Multi-Purpose Cleaner

AT HOME SOLUTIONS

The Centers for Disease Control have provided recipes to make your own disinfectant (see below), and a few notes to ensure they are used correctly:
- Bleach solutions will be effective for disinfection up to 24 hours
- Never mix household bleach with ammonia or any other cleanser
- Leave solutions on the surface for at least 1 minute

Sources:
- Centers for Disease Control @ https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html
- Environmental Protection Agency’s Six Steps for Safe & Effective Disinfectant Use @ https://www.epa.gov/pesticide-registration/six-steps-safe-effective-disinfectant-use

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