



## Battling with COVID-19

### At home

#### Introduction

The world Pandemic caused by the COVID-19 has changed normal work and living routine of millions of people across the world. Nowadays, a lot of contradictory and fake news are spread regarding this virus, which causes mass confusion and people making fatal mistakes. With this information leaflet we would like to shed some light on some of these issues. Information provided in this leaflet is based solely on international organizations like Center of Disease Control and Prevention, World Health Organisation (WHO) and etc.

#### Washing Hands

You've heard it a million times by now, and you'll hear it a million more, but the best way to lower your risk of contracting Covid-19 (or pass it on to someone else) is to wash your hands after you cough, sneeze, touch your face, use the restroom, or are about to leave one place for another. You should wash your hands when you leave and return from the grocery store, for instance.

You should wash your hands everytime you:

- Cough or sneeze
- Before touching your face
- After using a restroom
- Before eating
- After contact with other people
- Right after returning home from outside

This is a life or death matter!

Using antiseptics is also a good option to clean your hands, but washing them is a better option. Antiseptics can leave some of the viruses alive

#### Stay Home!

Even if you're not sick, just stay home if you can. Being in large crowds or going out to restaurants pose unnecessary risks not just to yourself but to the people around you. The more you're in public, the more chances the novel coronavirus has to hitch a ride on your hands, clothes, or person. Millions of people are very vulnerable to this virus. Putting yourself at risk also puts them at risk.

Important Rules to Stay Safe:

- Stay home as much as possible, avoid large gatherings, going out to bars, restaurants, etc.
- Stay at least six feet away from other people in public.
- Again, wash your hands frequently for at least 20 seconds (or use hand sanitizer).
- If you're coughing or sneezing, wear a protective mask.

### **Face Masks**

They serve an important purpose for people who are sick or are caring for an ill person, but face masks are in short supply and needed by health care workers and those who are sick with the virus. Wearing a mask may also give you a false sense of security, causing you to put yourself at greater risk.

You may in fact be touching your face more often because you're adjusting your mask. Or you may be trying to keep your eyeglasses from fogging up, then the portal of entry might be your eye.

As far as we know, the novel coronavirus is transmitted through person-to-person contact, or respiratory droplets. Those droplets don't stay suspended in the air, they fall to the ground within about six feet of the infected person.-

### **Clean and Disinfect**

The first thing you'll want to know is that cleaning and disinfecting are two very different things. The CDC recommends we all do a bit of both, even if nobody in your home is sick.

Cleaning is about removing contaminants from a surface.

Disinfecting is about killing pathogens.

Do both daily if anything or anyone has entered or exited your home.

Transmission from person-to-person is a much greater risk than transmission via surfaces, but the CDC recommends we clean and disinfect high-touch surfaces in our homes at least once daily just to be safe, assuming we have had contact with the outside world in some way, either a person leaving and returning or goods coming in.

#### **Target Your Home's High-Touch Surfaces:**

Researchers have found that the novel coronavirus is capable of living on surfaces such as cardboard for 24 hours, but up to two or three days on plastic and stainless steel. So cleaning and disinfecting high-touch surfaces is a step we should all take.

#### **High-Touch Surfaces to Clean and Disinfect Daily:**

- Doorknobs
- Table surfaces
- Hard dining chairs (seat, back, and arms)
- Kitchen counters
- Bathroom counters
- Faucets and faucet knobs
- Toilets (seat and handle)
- Light switches

- TV remote controls
- Game controllers

According to the WHO, COVID-19 stays alive for:

- **3 hours in the air**
- **24 hours on cardboard and paper**
- **2 days on metal**
- **2-3 days on plastic**

So frequent disinfection is very important in fighting this virus.

### **If You Cannot Find Store-Bought Disinfectants**

Store shelves are bare in a lot of places, especially in the cleaning section, but you still have plenty of options. First off, please do use more soap, water, and scrubbing. That can make a huge difference.

The CDC also has a recommended recipe for a homemade cleaning solution using household bleach.

How to Make Homemade Bleach Disinfectant Spray:

- 4 teaspoons household bleach
- 1 liter water

Pour both into one quart spray bottle, shake vigorously

Spray on surface to disinfect, let sit for 10 minutes, wipe away with wet cloth

Bleach is excessive in most cases. You should never ever mix bleach solution with any other cleaning chemical, and it's likely to damage or discolor sensitive surfaces. Use it as a last resort if you can't source or acquire any other kind of disinfectant. With bleach, remember to wear gloves, open your windows (ventilation is your friend), and be careful.

**Be informed, obey recommendations and stay safe!**