

COVID-19 CLEANING TIPS FOR SENIOR CAREGIVERS

If you're caring for an older loved one during the coronavirus outbreak, protecting them from exposure is at the top of mind. Routinely cleaning and disinfecting surfaces is a must, even if all members of the family are currently healthy.

Cleaning & Disinfecting Tips

- If disinfectant wipes are not available, use paper towels rather than sponges or dishcloths. They are less likely to spread the virus around.
- Whenever available, use EPA-registered household disinfectants.
- Wear disposable gloves while cleaning, and clean hands immediately after removing gloves.

First Clean Surfaces, Then Disinfect Them

- Wipe surfaces free of dust and/or debris with soapy water.
- Follow up by using a surface-appropriate disinfectant.

Don't Forget to Clean & Disinfect These Most Frequently Touched Surfaces

As research continues on how long the coronavirus virus lasts on surfaces, it's important to stay informed. The Centers for Disease Control recommends daily cleaning.

- Counters and cabinets
- Electronics/remote controls/touch screens/game controllers
- Handles/faucets/faucet knobs
- Doorknobs
- Hard-backed chairs
- Keyboards
- Light switches
- Phones
- Tables

IF YOU ARE UNABLE TO PURCHASE DISINFECTANTS FROM A STORE, YOU CAN MAKE YOUR OWN:

- 4 teaspoons of household bleach
- 1 quart water

Pour into spray bottle and shake.

Spray the mixture on a surface* and let it sit for 10 minutes before wiping dry with a wet paper towel.

** Only use on hard surfaces such as tile or granite, avoid wood and metal surfaces. Do not mix with other household cleaners. Always wear skin protection and ensure adequate ventilation in cleaning area.*