

Cleaning Guide and Helpful Tips

Check out [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for more information

Personal Protective Equipment

- Your cloth face covering should:
 - *Reach above the nose, below the chin, and completely cover the mouth and nostrils*
 - *Fit snugly against the sides of the face*
 - *Be made of multiple layers of fabric that you can still breathe through*
 - *Be able to be laundered and machine dried without damaging the material or shape*
 - *Individuals are recommended against buying surgical masks to keep a supply for healthcare workers*
- How to Take Your Mask Off Without Contamination
 - *Clean hands with hand sanitizer or soap and water, remove ear loops, ties, bands, etc. without touching the front of the face covering.*
 - *If reusable: Put in laundry or wash immediately to clean between each use.*
 - *If disposable: Throw out the mask immediately and do not reuse.*
- How to Take Your Gloves Off Without Contamination
 - *Grasp the outside of one glove at the wrist. Do not touch your bare skin.*
 - *Peel the glove away from your body pulling it inside out.*
 - *Hold the glove you just removed in your gloved hand.*
 - *Peel off the second glove by putting your fingers inside the gloved wrist at the top.*
 - *Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.*
 - *Dispose of the gloves safely. Do not reuse the gloves.*
 - *Wash your hands immediately.*

DISINFECTING OBJECTS

- Cell Phone
 - *Remove phone case and power down, wipe with microfiber cloth if available, wipe with lysol wipes (avoiding ports), air dry for 5 minutes, wipe away any excess moisture, repeat process with phone case*
 - *Avoid bleach, metal cleaners, tile cleaners, cleaning supplies that are abrasive or have "scrubbing power," and other heavy duty cleaning supplies as these may cause damage to your phone*

- Shoes
 - *If possible, have 1 designated pair of shoes for leaving the house*
 - *If possible, leave the shoes outside of your house*
 - *By isolating these shoes, any virus that may be on them cannot spread elsewhere.*
 - *COVID-19 may stay viable on rubber or PVC based soles for up to 5 days so wipe down the sole with alcohol based wipe or solution*
 - *Note that cleaning solutions with bleach may lead to discoloration of the fabric on your shoes*
 - *Note that alcohol based solutions may lead to discoloration or damage to leather shoes*
- Leather (wallet, shoes, purses, etc.)
 - *Use soap or shampoo, warm water, and a soft cloth. Make sure the cloth is damp and not dripping wet.*
 - *Do not use bleach or alcohol solutions as they may result in damage or discoloration.*
 - *If possible, we suggest leaving leather items in the isolated sanitation station or if possible switching to alternatives that are easier to disinfect*

BRINGING ITEMS INSIDE

- Grocery shopping (in store)
 - **Note:** The CDC encourages online ordering or curbside pickup (if possible). Only shop at grocery stores when necessary to limit your exposure to others. There is no current evidence to support transmission of COVID-19 via food packaging itself, but you can be exposed to the virus from others at the grocery store. The following tips are for when in the store.
 - *Stay at least 6 feet away from others while shopping and in lines.*
 - *Cover your mouth and nose with a cloth face covering when you have to go out in public.*
 - *When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).*
 - *If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.*
 - *Disinfect the shopping cart, use disinfecting wipes if available.*
 - *Do not touch your eyes, nose, or mouth.*
 - *If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.*
 - *Sanitize your hands before entering your car or home*

- Grocery shopping (delivery and/or bringing items inside)
 - *These steps are not absolutely necessary, but can help bring peace of mind.*
 - *Bring all of your bags to wherever your Sanitation Station is located without passing your set boundary line.*
 - *Put your keys, wallet, purse, shoes, and clothes (if you change) in their designated spots. Wash your hands.*
 - *Non-perishables: Consider leaving these to self-decontaminate for 24 hours before putting them away like with packages.*
 - *Perishables: Consider wiping down nonporous surfaces like plastic and metal before putting these away.*
 - *Once finished, wash your hands, counter, and other surfaces you have touched.*
- Packages/Mail
 - *COVID-19 stays viable on paper and cardboard for up to 24 hours, so if possible keep packages in isolation to self-decontaminate for this period.*
 - *After touching mail or packages, avoid touching your face or surfaces in your home and wash your hands immediately.*
 - *If you cannot keep your packages or mail in isolation for 24 hours, immediately dispose of envelopes, boxes, or outer packaging and wash your hands. The inner contents should be safe from the virus by the time you receive your mail.*

Other Members of the Household

- Pets
 - *After walking your pet, wash your hands thoroughly*
 - *Leave leashes and other items (such as toys or sticks) that were outside at the Sanitation Station*
 - *Do NOT use alcohol or bleach solutions or hand sanitizer on chew toys or anything that goes in your pet's mouth.*
 - *Do NOT use alcohol or bleach solutions or hand sanitizer to clean your pet! You do not have to clean your pet after every walk, but you should wash your hands after interacting with your pet.*
- Children
 - *Communicate to children the guidelines that your household has chosen to follow, such as a boundary line, and any other general personal health practices:*
 - *Wash your hands for at least 20 seconds*
 - *Avoid touching your face*
 - *Stay at least 6 feet away from others*
 - *Be a good role model!*