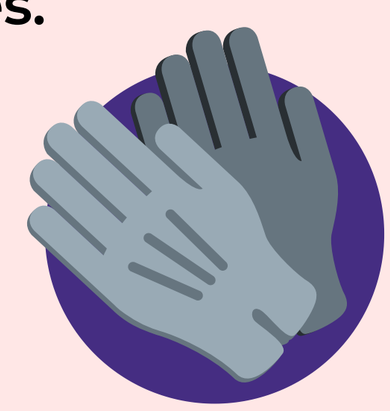
Disinfecting your home if someone is sick

GRAND COUNCIL TREATY #3
HEALTH COUNCIL

As part of your everyday prevention actions **clean and disinfect frequently touched surfaces and objects.** For example: tables, countertops, light switches, doorknobs, and cabinet handles.

Wear disposable gloves to clean and disinfect your household.



Clean:

- Clean surfaces using soap and water. Practice routine of cleaning frequently touches surfaces

  High touch surfaces include:
  tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect:

- **Use diluted household bleach solutions** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

  Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

  To make a bleach solution, mix

  - 5 tablespoons (1/3rd cup) bleach per gallon of water

    OR
  - 4 teaspoons bleach per quart of water

- **Alcohol solutions with at least 70% alcohol.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty

Disinfect (Cont):

Follow the instructions on the label to ensure safe and effective use of the product

Many products recommend:

- Keeping the surface wet for several minutes to ensure the germs are killed.
- Precautions such as wearing gloves and making sure you have good ventilation during the use of the product.

Soft Surfaces:

For soft surfaces such as **carpeted floor, rugs and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for these surfaces
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- **Disinfect with an EPA-registered household disinfectant.**

Laundry:

For clothing, towels, linens and other items

- **Wear disposable gloves**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry
- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from an ill person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance for above surfaces.

Clean hands often:

- **Wash your hands often** with soap and water for 20 seconds.
    - Always wash immediately after removing gloves and after contact with an ill person.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. however, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
    - After blowing one's nose, coughing, or sneezing
    - After using the bathroom
    - Before eating or preparing food
    - After contact with animals or pets
    - Before and after providing routine care for another person who needs assistance.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

Food:

- **Stay separated:** The illest person should eat (or be fed) in their own room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.

Trash:

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the ill person. Use gloves when removing the garbage bags, and handling and disposing of trash. Wash hands afterwards.