



# PREVENTING THE SPREAD OF RESPIRATORY ILLNESS IN THE HOME

## WASH YOUR HANDS THOROUGHLY AND OFTEN



- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Wash hands after emptying waste baskets and touching tissues and similar waste.
- For posters, see [publichealth.lacounty.gov/acd/docs/HandwashingSteps.pdf](https://publichealth.lacounty.gov/acd/docs/HandwashingSteps.pdf)

## READ THE LABELS ON CLEANING PRODUCTS



- Follow the instructions on the product labels, including wearing gloves and having good ventilation.
- Use household cleaners and Environmental Protection Agency (EPA)-registered disinfectants that are appropriate for the surface.
- To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit [www.epa.gov](http://www.epa.gov).
- A bleach solution can also be used as a disinfectant - mix 4 teaspoons of bleach to 1 quart (4 cups) of water, or for a larger supply, add 1/3 cup of bleach to 1 gallon (16 cups) of water.

## CLEAN FREQUENTLY TOUCHED OBJECTS AND SURFACES REGULARLY



**Hard (Non-Porous) Surfaces** *E.g. high-touch surfaces like counters, tabletops, doorknobs, railings, bathroom fixtures, light switches, toilets, phones, keyboards, remote controls, tablets, and bedside tables.*

- Read the directions on products carefully
- Clean surfaces and items to remove visible dirt and disinfect them to kill germs. For disinfectants, make sure the surface stays wet for at least 10 minutes and then rinse with water, especially in an area that comes into contact with food. Allow to air dry.
- Make sure that electronics can handle the use of the multiple disinfectant wipes that are needed to keep the surface wet for long enough to meet the required contact time.

**Soft (Porous) Surfaces** *E.g. towels, linen, clothing, and stuffed animals.*

- Launder with hot water, using a household laundry detergent and dry on a high heat setting

## BRING FRESH AIR IN, FILTER AIR, AND IMPROVE AIR FLOW



- If it is safe to do so: Open doors and windows; Place a portable fan pointing outwards near an open window; Point fans away from people. Use ceiling fans and kitchen and bathroom exhaust fans.
- Use A/C system and/or portable air cleaners if you have them.
- For more information, see the CDC webpage [Improving Ventilation in Your Home](https://www.cdc.gov/ventilation/).

## FOR MORE INFORMATION



CDC guidance on cleaning and disinfection in households to prevent COVID-19 transmission [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html). For more information about how to prevent COVID-19 in the community, visit [publichealth.lacounty.gov/Coronavirus](https://publichealth.lacounty.gov/Coronavirus)