

## How to disinfect safely

According to the CDC, alcohol can be used to effectively disinfect surfaces. Simply wipe the surface with the alcohol.

### What type of alcohol to use



#### 70% alcohol

To effectively disinfect against the coronavirus, simply use:



70% Rubbing Alcohol

or



Liquor with a very high alcohol content (over 140 proof).



We recommend that you wear gloves (nitrile or polyethylene are CEH's recommendations) and open windows or turn on fans if possible so you get good ventilation.



## How to protect yourself

### Know how it spreads



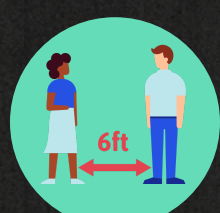
- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Take Steps to Protect Yourself



#### Clean your hands often

- Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth** with unwashed hands.



#### Avoid close contact

- Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

### Take Steps to Protect Others



#### Stay home if you're sick

- Stay home** if you are sick, except to get medical care.



#### Cover coughs and sneezes

- Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



#### Wear a facemask if you're sick

- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.



#### Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.