

## Disinfecting at Home

Items effective in sanitization commonly found at home

- Rubbing alcohol (70% -75% alcohol). If you can only buy higher concentrations, you must dilute to 70% -75% to achieve the best results.
- Bleach (hydrogen peroxide or chlorine disinfectant). Disinfectants written "bleach" usually kill coronavirus.
- Prolonged exposures to temperatures above 56 degrees for over half an hour.
- Hand sanitizers with an alcohol content of more than 60%.
- Vegetable and fruit wash (for processing fresh vegetables and fruits).
- Disinfecting wipes. For example, alcohol prep pads, something that has "kills viruses" written on it, or other disinfecting wipes with phrases similar to "combating the flu" (the flu virus equalling coronavirus here) written on it.
- Other types of disinfectants. They will have "kills viruses" written on them or other disinfecting liquids/sprays for combating the flu.

Specific Measures for Disinfecting

### 1. Hands

- Wash your hands frequently; at least 10 times a day. Refer to the picture below to wash your hands effectively. ([1]):

#### HOW TO HANDRUB?



- Use disinfectant to wipe areas that your hands often touch. The purpose of disinfecting is to block transmissions through direct contact with your hands. In particular, take care to disinfect plastic bags, stainless steel, and other surfaces as the virus can remain on them for several days ([2][3]).
- Note: If disinfecting with alcohol, wipe the surface of the object with 70% alcohol instead of spraying a large amount of alcohol into the air, since that can be dangerous.
- Key locations to disinfect: inside and outside door handles, light switches, stair handrails, desktop computers, mobile phones, toys, laptops, keys, wallets, and other items that come into constant contact with hands.
- Try to open or close doors with your elbow or shoulders and do the same with light switches. After touching a door handle, wash your hands. Try not to touch the belongings of other members of your family. If you touch them, wash your hands as soon as possible.

## 2. Bathrooms

- Buy a bleach tablet and put it in the toilet tank to disinfect the toilet bowl.
- Disinfect faucets, sinks, toilet paper dispensers, toilet covers, toilet flushes, bathtubs, shower heads, bathroom faucets, etc.

## 3. Clothing

- Wash the laundry, bedding and towels, and dry them in the dryer at a high temperature for more than half an hour.
- If possible, buy more towels and change them frequently. Clean and disinfect in batches.
- If you are unable to disinfect the towel, dry your hands with a disposable paper towel.
- Towels for separate family members can be marked with different colors or sewn with different symbols to distinguish them from each other. Do not touch the towels of other family members to prevent the spread of the virus.

## 4. Returning home from outside areas

- Prepare two sets of clothing for this season. Change, wash, and disinfect your clothes regularly. Do not mix your other clothes with these two outfits. After going home, wipe or spray the cuffs and any other parts of clothing that may have come into contact with other objects. Hang the disinfected clothes in a ventilated area.
- Prepare two pairs of shoes for the season; also change, wash, and disinfect them regularly. Shoes should be left outside the house, taken off at the door upon returning, and are not to be put into the house.
- Prepare several pairs of gloves for going out. Use a pair of clean gloves each time you go out. Do not remove them when you go out. Place them in a bag for dirty gloves when you go home. Replace them with a clean pair the next time you go out. Used gloves are to be washed and disinfected frequently.

- If you can buy a surgical mask or N95 mask ([3]), please wear it before going out. Do not take it off during the whole process. After you go home, put it in a bag for recycling and tie the bag so it is closed. Depending on the circumstances, you can either throw it out or disinfect it for later use.

Summary: After returning from the outside, first take off your shoes outside the door. Then put the purchased items outside the door, take off your coat, and hang it in a fixed position. After that, take off the mask, put it in a bag, fasten it, and take off your gloves. Tie the bag containing dirty gloves so it is tightly closed. Then wash your hands and face, and disinfect your glasses, cell phone, keys, wallet (or backpack), and the credit card that was used, with disinfectant. Then sterilize the outer packaging of the purchased items and before placing them inside the house. Finally, disinfect all the switches and handles you just touched.

## References

[1] [https://www.who.int/gpsc/5may/Hand\\_Hygiene\\_Why\\_How\\_and\\_When\\_Brochure.pdf](https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf)

[2] Khan R M, Al-Dorzi H M, Al Johani S, et al. Middle East respiratory syndrome coronavirus on inanimate surfaces: A risk for health care transmission[J]. American journal of infection control, 2016, 44(11): 1387-1389.

[3] Otter J A, Donskey C, Yezli S, et al. Transmission of SARS and MERS coronaviruses and influenza virus in healthcare settings: the possible role of dry surface contamination[J]. Journal of Hospital Infection, 2016, 92(3): 235-250.