

VIRUS NOT WELCOME!

AN EASY GUIDE TO CLEANING & DISINFECTING YOUR HOME



We are all going through tough times, some of us isolated, some of us quarantined but we are all together in fighting the pandemic COVID-19.

The lockdown period that we are observing, if followed correctly, is a very key step to breaking the chain and halting the spread of the coronavirus.

But staying home and self-isolating is not enough. Our surroundings don't need to just be cleaned, we need to disinfect as well.

This handy guide is packed with tips on keeping your surroundings clean and easy ways to disinfect commonly used items.



DIFFERENCE BETWEEN CLEANING AND DISINFECTING

Did you know that cleaning and disinfecting are two separate tasks?



Cleaning:

Cleaning is the act of removing dirt and impurities from objects and the environment. This can be done in a number of ways, including wiping, sweeping, washing, etc.



Disinfecting:

Disinfecting is to clean something with a chemical or non-chemical product that has disinfectant properties, in order to destroy bacteria.

WHEN TO CLEAN, AND WHEN TO DISINFECT?



- Cleaning should be carried out at least once a day.
- Disinfecting is recommended if someone enters the house or you have returned home after possible exposure to any contaminants.



Why?

According to a study by The New England Journal of Medicine the virus is detectable up to 24 hours on a cardboard box, 2 to 3 days on plastic and stainless-steel materials, 4 hours on copper surface.

WHICH ARE THE HIGH-CONTACT SURFACES?

Any area with surfaces that get touched is a potential germ bank, but remember, not all germs are harmful.

SOME COMMON SURFACES THAT NEED REGULAR CLEANING



Doorknobs



Table surfaces



Stair handrails



Chairs
(seat, back and arms)



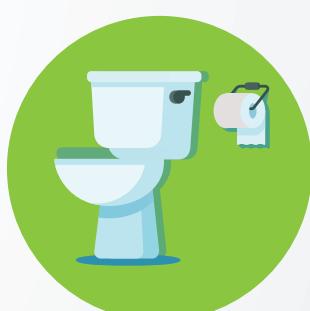
Kitchen work area



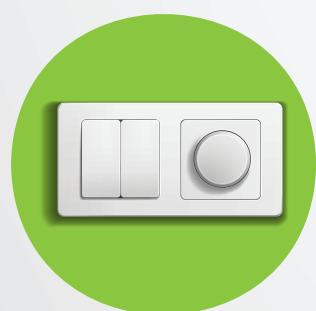
Bathroom



Faucets,
faucet knobs



Toilets,
(seat and handle)



Light switches



TV remote controls

WHAT DO I NEED TO DISINFECT?



Disinfectant
Wipes



Disinfectant
Spray



Isopropyl
Alcohol



Hydrogen
Peroxide



Pro Tip: To make a cheap, effective disinfectant, mix up to 3 teaspoons of bleach in one litre of water

STEPS FOR CLEANING & DISINFECTING:



CLEANING:

Soap and warm water is a great way to get rid of most germs. Fill a small bowl with water, add a few drops of dishwashing detergent and mix with foamy. Use this solution. **First clean areas with soap and water. Then disinfect.**



DISINFECTING:

Apply the disinfectant and leave on for a few minutes. Rinse and wipe off with a clean cloth. Always wear gloves and open some windows when you use products with bleach. Try not to breathe in the chemicals from the disinfectants. **Remember to let kitchen counters dry fully before you start cooking.**



Pro Tip: Make sure your disinfectant contains hydrogen peroxide and sodium hypochlorite

SHOULD I DISINFECT MY MOBILE PHONE TOO?

Oh Yes! Your mobiles are the main culprits hosting loads of germs. They in fact top the list of highly in contact surfaces.



How?

Wipe the phone's surfaces thoroughly with the cloth to remove germs. Pay attention to the grooves around the microphones, ports, and buttons since water could get trapped inside.

Disinfect the phone with equal parts rubbing alcohol that has at least 60–70% alcohol content, or use disinfectant wipes

PAY ATTENTION TO THE PHONE CASE:

Take out the case and ensure that it washed thoroughly in soap and water if made of plastic. Use a disinfectant wipe on leather cases.

HOW ABOUT OTHER GADGETS?

While you are cleaning your mobile phone, pay a little attention to your desktop, iPads, laptops and other gadgets. Repeat the same process of cleaning with soft towel and disinfecting with wipes. Always turn off electronic devices before you clean them.



Pro Tip: Disinfect computer keyboards, light switches, mobile and remotes with a disinfecting wipe that doesn't contain bleach. Squeeze to remove excess moisture first

Sources and references: Centers for Disease Control and Prevention (CDC), The New England Journal of Medicine

WHOM SHOULD I DIAL IN EMERGENCY?

Don't panic. It is easy to contain virus by following the above-mentioned precautions. You can also contact the helplines setup by the government, to tackle the situation

Round-The-Clock Helpline Numbers:

NAME OF THE STATES	HELPLINE NUMBERS
NEW DELHI	011-23978046
MAHARASTHRA	020-26127394
KERALA	0471-2552056
TELANGANA	104
UTTAR PRADESH	18001805145
KARNATAKA	104
MADHYA PRADESH	0755-2527177
TAMIL NADU	044-29510500
UTTARAKHAND	104
WEST BENGAL	3323412600
RAJASTHAN	0141-2225624
PUNJAB	104
ODISHA	9439994859
NAGALAND	7005539653
MIZORAM	102
ANDHRA PRADESH	0866-2410978



**STAY SAFE,
STAY HEALTHY!**

Issued in public interest by

