



1 Wet



2 Get Soap

Hands that look clean can still have icky germs!

Wash YOUR HANDS!



3 Scrub



4 Rinse



5 Dry

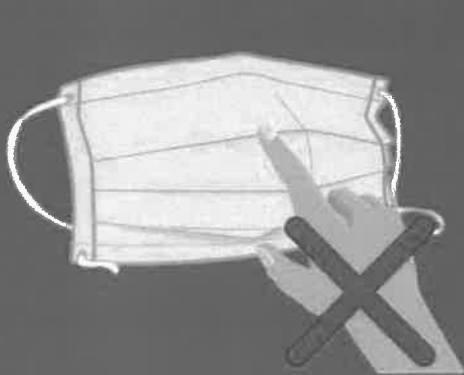


U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



World Health
Organization

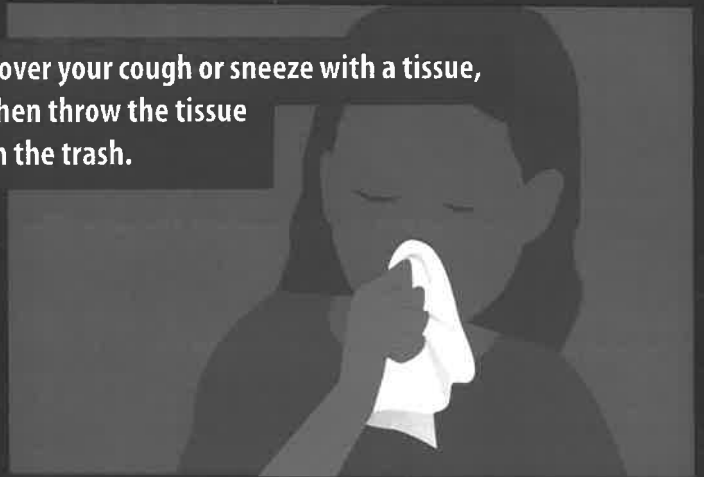
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

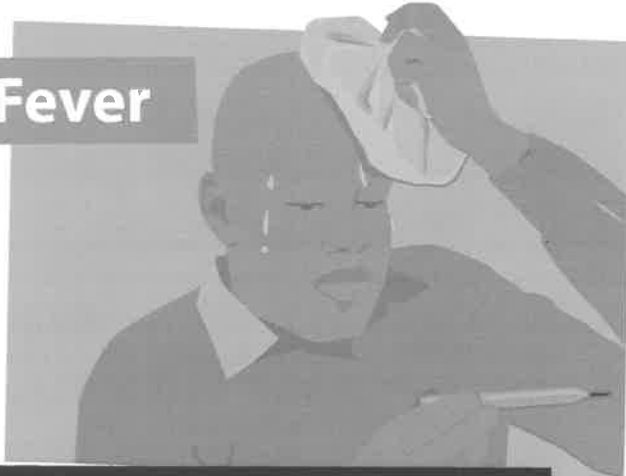


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

Fever



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

Cough



Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

Shortness of breath



This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



cdc.gov/coronavirus

How to Protect Yourself and Others

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, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

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



- **Stay home if you are sick.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



cdc.gov/coronavirus

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel 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.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always 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.

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. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).

Type of equipment	Reprocessing steps	Disinfectant Product Options	Considerations / Additional Guidance
Disposable face shield	<ol style="list-style-type: none"> Carefully wipe the inside and then the outside of the visor using a clean cloth saturated with neutral detergent solution, rinse if needed. Carefully wipe the outside of the visor using a clean cloth or wipe saturated with hospital disinfectant solution; be sure it remains wet for the required contact time. Wipe the outside of visor with clean water to remove residue. Fully dry (air dry or use clean absorbent towels). 	<p>Chlorine-based disinfectant (0.1% chlorine solution) recommended over alcohol, as alcohol may damage and discolor plastic and deteriorate glues over time; note that it may also remove anti-glare and anti-fogging properties of the face shield.</p> <p><u>See guidance on how to prepare 0.1% chlorine solution.</u></p>	<p>The emphasis of reprocessing should be on the outside of the visor.</p> <p>Carefully avoid the foam cushion and elastic strap as they may not be tolerant to disinfectants.</p> <p>Note: If reprocessing disposable face shields on a time-limited basis, they should be dedicated to one HCW.</p>
Reusable goggles or face shield	<ol style="list-style-type: none"> Immerse in or wipe with neutral detergent and warm water solution, use mechanical action to remove any visible soiling, then quickly rinse with clean water; rinse if needed. Immerse in or wipe with hospital disinfectant solution for the required contact time. Rinse with clean water (sink if available or by immersing in a bucket of clean water) to remove any residue. Fully dry (air dry or use clean absorbent towels). 	<p>Manufacturers should be consulted for their guidance and experience in disinfecting their respective products.</p>	<p>Chlorine-based disinfectant (0.1% chlorine solution) recommended over alcohol as alcohol may damage and discolor plastic and deteriorate glues over time; note that it may also remove anti-glare and anti-fogging properties of the eye protection.</p> <p>Note: Solutions must be regularly replaced as they will quickly become contaminated.</p> <p><u>See guidance on how to prepare 0.1% chlorine solution.</u></p>

How to Make 0.1% (1,000ppm) Chlorine Solution

Use 0.1% (1,000ppm) chlorine solution to disinfect frequently touched surfaces and items.
Make new 0.1% chlorine solution every day. Throw away any leftover solution from the day before.

Proceed with **only one** of the following: **2a** or **2b** or **2c**



1

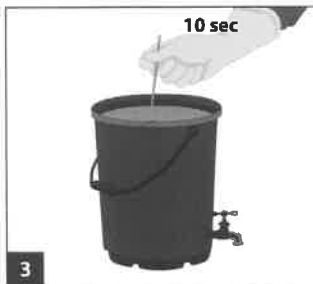
Make sure to wear required PPE.

From Strong (0.5%) Solution	OR	From HTH (70%)	OR	From Chlorine Powder (35%)
<p>4 parts water + 1 part strong solution (0.5%) = Bucket</p>		<p>2 tablespoons of HTH + 20 liters of water = Bucket</p>		<p>4 tablespoons of chlorine powder + 20 liters of water = Bucket</p>
2a		2b		2c

Pour 4 parts water and 1 part strong (0.5%) solution into a bucket.

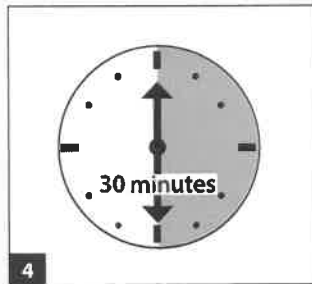
Add TWO tablespoons (30g) of high-test hypochlorite (HTH) (70%) to 20 liters of water in a bucket.

Add FOUR tablespoons (60g) of chlorine powder (35%) to 20 liters of water in a bucket.



3

Stir well for 10 seconds, or until chlorine powder/granules have dissolved.



4

Wait 30 minutes before use.



5

Label bucket "0.1% Chlorine Solution - Disinfecting"



6

Cover bucket with lid. Do not store in direct sunlight.

- Supplies Needed**
- Tablespoon
 - Measuring cup or liter bottle
 - Bucket with lid and spigot
 - Water
 - Strong (0.5%) chlorine solution OR 70% HTH OR 35% chlorine powder
 - Stick for stirring
 - Label

WARNING

- Do NOT mix chlorine solution with other cleaning products.
- Do NOT put chlorine solution in mouth or eyes.

MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Is the area indoors?

YES

It is an indoor area.

NO

Maintain existing cleaning practices.

Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

Has the area been occupied within the last 7 days?

YES

Yes, the area has been occupied within the last 7 days.

NO

The area has been unoccupied within the last 7 days.
The area will need only routine cleaning.

Is it a frequently touched surface or object?

YES

Yes, it is a frequently touched surface or object.

NO

Thoroughly clean these materials.
Consider setting a schedule for routine cleaning and disinfection, as appropriate.

What type of material is the surface or object?

Hard and non-porous materials like glass, metal, or plastic.

Visibly dirty surfaces should be cleaned prior to disinfection.

Consult EPA's list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

Soft and porous materials like carpet, rugs, or material in seating areas.

Thoroughly clean or launder materials.

Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.



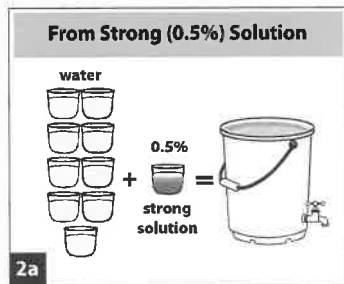
How to Make Mild (0.05%) Chlorine Solution

Use mild (0.05%) chlorine solution to wash ungloved hands.

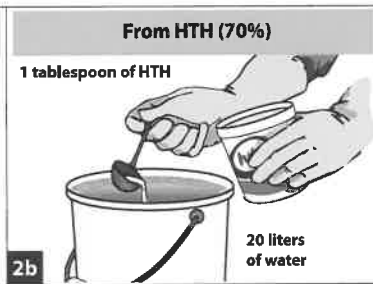
Make new mild (0.05%) chlorine solution every day. Throw away any leftover solution from the day before.



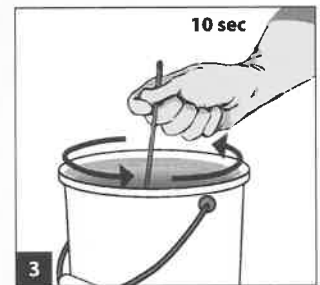
1 Make sure you are wearing **extended PPE**.



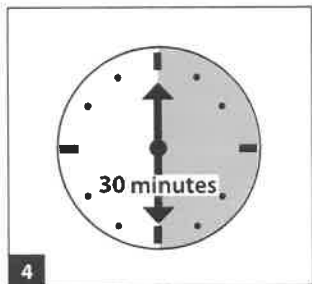
2a From Strong (0.5%) Solution
Pour 9 parts water and 1 part strong (0.5%) solution into a bucket. Repeat until full.



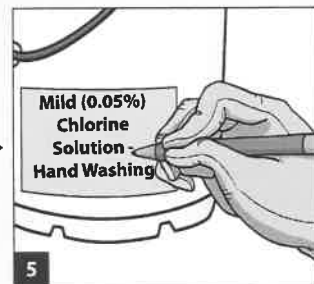
2b From HTH (70%)
Add one tablespoon of HTH (70%) to 20 Liters of water in a bucket.



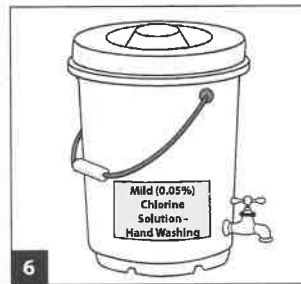
3 Stir well for 10 seconds, or until the HTH has dissolved



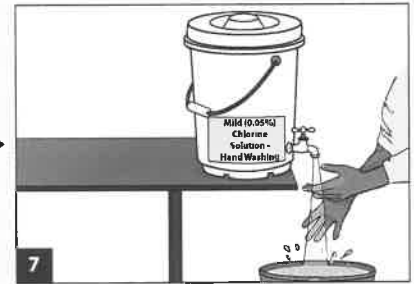
4 Wait 30 minutes before use.



5 Label bucket "Mild (0.05%) Chlorine Solution - Hand Washing."



6 Cover bucket with lid.



7 Place at hand washing stations.

