What steps should be taken to clean and disinfect against COVID-19?

How to Clean:

As part of standard infection control practices, routine cleaning should be ongoing and time should be allocated for individuals to thoroughly clean. Surfaces touched most frequently should be prioritized. These can become reservoirs for germs and pathways to be transmitted to people through surface contact.

Cleaning removes germs, dirt and impurities from surfaces or objects. Disinfecting kills germs on surfaces or objects.

Cleaning: Always clean surfaces prior to use of disinfectants in order to reduce soil and remove germs. Dirt and other materials on surfaces can reduce the effectiveness of disinfectants. Clean surfaces using water and soap or detergent to reduce soil and remove germs. For combination products that can both clean and disinfect, always follow the instructions on the specific product label to ensure effective use.

Disinfection: Cleaning of soiled areas must be completed prior to disinfection to ensure the effectiveness of the disinfectant product.

Individuals do not need to wear respiratory protection while cleaning or disinfecting, but should use personal protective equipment (e.g. gloves) as recommended on product labels. Carefully read and follow all label instructions for safe and effective use.

What to clean with:

Every day household cleaners and disinfectants are recommended such as Lysol, Clorox, Mr. Clean, any generics of these brands, etc. These products are available in sprays, wipes, and liquids. Follow label directions to kill the virus. This includes adequate contact times (i.e., the amount of time a disinfectant should remain on surfaces to be effective). Times can be up to 10 minutes. Disinfectants that come in a wipe form will also list effective contact times on their label.

For cleaners and disinfectants that come in concentrated forms, carefully follow label instructions to ensure effectiveness.

Home cleaning solution 1/4 cup of bleach in 1 quart of water or 1 cup of bleach in 1 gallon of water. (Please use gloves)

Disposal: Place all used gloves and other disposable items in a bag that can be tied closed before disposing of them with other waste. Wash hands with soap and water for at least 20 seconds immediately after removing gloves or use an alcohol-based hand sanitizer if soap and water are not available. Soap and water should be used if hands are visibly soiled.

If a confirmed case of COVID-19 was in your location, perform cleaning and disinfection of frequently touched surfaces throughout the area. Cleaning and disinfection should be conducted by individuals who have been trained to use products in a safe and effective manner. Training should be ongoing to ensure procedures for safe and effective use of all products are followed. Training assures that individuals are reminded to read and follow use and safety instructions on product labels. It should also identify the location of all personal protective equipment (e.g., gloves) that should be used.

Where to clean:

Restrooms (High Risk Location)
- Clean and disinfect all restroom surfaces, fixtures, door knobs, push plates, and switches

Examples of priority areas for routine cleaning include:
- High contact surfaces that are touched by many different people, such as light switches, handrails and doorknobs/handles.
- Dust- and wet-mopping or auto-scrubbing floors.
- Vacuuming of entryways and high traffic areas.
- Removing trash
- Wiping heat and air conditioner vents
- Spot cleaning walls
- Spot cleaning carpets
- Dusting horizontal surfaces and light fixtures
- Cleaning spills
- Regular cleaning and laundering of linens

Examples of frequently touched surfaces:
- Computers & Accessories
- Desks and chairs
- Counters, tables and chairs
- Door handles and push plates
- Handrails
- Kitchen and bathroom faucets
- Appliance surfaces

First Aid Station/Health Office:
- Clean and disinfect health cots regularly (after each use)
- Cover treatment tables and use pillow protectors
- Discard or launder coverings after each use

Home Care Instructions for Novel Coronavirus (COVID-19)

Indiana State Department of Health
Epidemiology Resource Center

The following instructions are for people who have or are being evaluated for novel coronavirus (COVID-19) and their families and caregivers. If you have or are being evaluated for COVID-19, you should follow the prevention steps below until a healthcare provider, the Indiana State Department of Health (ISDH), or your local health department determines that you can return to your normal activities.

If you are not sure if you have COVID-19, contact your healthcare provider. Your healthcare provider, in consultation with the health department, will determine whether you meet criteria for COVID-19 testing and will determine the most appropriate care plan for you.

INFORMATION FOR COVID-19 PATIENTS WHO ARE NOT HOSPITALIZED

1. **Stay home except to get medical care.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not go to work, school, or public areas, and do not use public transportation, ride-sharing or taxis.

2. **Separate yourself from other people and animals in your home.** As much as possible, stay in a specific room away from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others. Although there have not been reports of pets becoming sick with COVID-19, you should also avoid contact with animals or pets while you are sick.

3. **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medications such as acetaminophen, to help you feel better.

4. **Call ahead before visiting your doctor** and tell them that you have or may have COVID-19 so they can prepare for your visit and take steps to keep other people from being exposed or infected.

5. **Wear a facemask.** You should wear a cloth face covering when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room. **NOTE:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.

6. **Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if soap and water are not available. You should use soap and water if your hands are visibly dirty.

7. **Wash your hands often** and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available and if hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

8. **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people or pets in your home. These items should be washed thoroughly after use with soap and warm water.

For additional information, visit https://coronavirus.in.gov.

9. **Clean all "high-touch" surfaces every day.**

    - **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
    - **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables.

- **Clean and disinfect areas that may have blood, stool or body fluids on them**.

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

    - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product

10. **Monitor your symptoms.** If illness gets worse (e.g., trouble breathing, pain in chest), get medical care right away. **Before** you visit a clinic or hospital, call your healthcare provider and tell them that you have, or might have, COVID-19. This will help your provider take steps to keep other people from getting infected. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a facemask before emergency medical services arrive.

11. **How to discontinue home isolation.**

    - **People with COVID-19 who have stayed home (home isolated)** can leave home under the following conditions**:

- **If you have not had a test** to determine if you are still contagious, you can leave home after these three things have happened:
    o You have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)
      AND
    o other symptoms have improved (for example, when your cough or shortness of breath have improved)
      AND
    o at least 10 days have passed since your symptoms first appeared
- **If you have had a test** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (**without** the use of medicine that reduces fevers)
  AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)
  AND
- you received two negative tests in a row, at least 24 hours apart. Your doctor will follow <u>CDC guidelines</u>.

People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated) can leave home under the following conditions**:

- **If you have not had a test** to determine if you are still contagious, you can leave home after these two things have happened:
  - At least 10 days have passed since the date of your first positive test
    AND
  - You continue to have no symptoms (no cough or shortness of breath) since the test.
- **If you have had a test** to determine if you are still contagious, you can leave home after:
  - You received two negative tests in a row, at least 24 hours apart. Your doctor will follow <u>CDC guidelines</u>.

Note: if you develop symptoms, follow guidance above for people with COVID19 symptoms.

In all cases, **follow the guidance of your doctor and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Some people, for example those with conditions that <u>weaken their immune system,</u> might continue to shed virus even after they recover.

INFORMATION FOR CAREGIVERS AND HOUSEHOLD MEMBERS OF COVID-19 PATIENTS

1. **Limit visitors to only people caring for the patient.** As much as possible, anyone who is not caring for the patient should stay in another home or stay in other rooms. They should also use a separate bedroom and bathroom, if possible. Keep elderly people and those who have weak immune systems or chronic health conditions away from the person.

2. **Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner, if possible.

3. **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. You should use soap and water if your hands are visibly dirty.

4. **Avoid touching your eyes, nose, and mouth with unwashed hands.**

5. **Wear a disposable facemask** when in the same room as the patient.

6. **Wear a disposable facemask and gloves** when you touch or have contact with the patient's blood, body fluids and/or secretions, such as saliva, sputum, nasal mucus, vomit, urine or diarrhea. Throw these away after use and do not reuse. When removing, first remove and dispose of gloves, then immediately clean your hands with soap

and water or alcohol-based hand sanitizer. Next, remove and dispose of the facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

7. **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items the patient. Follow the cleaning instructions below.

8. **Clean all "high-touch" surfaces**, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

9. **Cleaning Instructions:**

   • Follow the recommendations provided on cleaning product labels, including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation during use of the product.

   • Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Wash your hands immediately after removing your gloves. Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.

   • Place all used disposable gloves, gowns, facemasks and other contaminated items in a lined container before disposing of them with other household waste. Wash your hands immediately after handling these items.

10. **Monitor the patient's symptoms.** If they are getting sicker (e.g., trouble breathing, pain in chest), call their medical provider and tell the medical staff that the person has, or is being evaluated for, COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for, COVID-19.

11. **Monitor your own health** for signs and symptoms of COVID-19, including fever, cough or shortness of breath. Contact your healthcare provider if you develop any of these symptoms. Call your provider **before** going to a hospital or clinic to describe your symptoms and let them know that you are a close contact of someone with COVID-19.

ADDITIONAL INFORMATION

Questions about COVID-19 may be directed to the ISDH COVID-19 Call Center at the toll-free number 877-826-0011 (available 8 a.m. to midnight).