

Media Release

For Immediate Release

10/17/2020

Rowan County Case Information:

<https://bit.ly/rowan-covid19-hub>

COVID-19 information contacts

Website: www.rowancountync.gov/covid-19

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Phone: 980-432-1800

Can a Cleaner, Disinfected House Keep You Healthier?

Regardless of how much you plan to take advantage of Phase 3 and the opening of shops, bars, outside venues, restaurants, movie theaters, and/or parks, you should continue practicing social distancing, using a face mask when you are near others outside your home, as well as practicing good cleaning habits. Unfortunately until a vaccine is available, it does not look like the coronavirus is going away anytime soon. However, there are things you can do in addition to practicing good hygiene and the 3Ws to help lower the chances that you and/or a loved one will not contract COVID-19.

The Center for Disease Control recommends the following things to create a cleaner and more sanitized home:

Cleaning vs. Disinfecting Your Home

The first thing you'll want to know is that cleaning and disinfecting are two very different things.

- Cleaning is about removing contaminants from a surface.
- Disinfecting is about killing pathogens.

During the COVID-19 pandemic, it is highly suggested that you clean and disinfect if anyone outside your immediate family has come into your home.

Transmission from person-to-person is a much greater risk than transmission via surfaces. The CDC still recommends you clean and disinfect frequently touched surfaces in your homes at least once daily just to be safe, especially if people touching them have been in contact with the "outside world" or people beyond one's immediate family. The novel coronavirus is capable of living on surfaces such as cardboard for up to 24 hours and up to two or three days on plastic and stainless steel.

Examples of High-Touch Surfaces to Clean and Disinfect Daily:

- Doorknobs
- Table surfaces
- Hard dining chairs (seat, back, and arms)
- Kitchen counters
- Bathroom counters
- Faucets and faucet knobs
- Commodes (seat and handle)
- Light switches
- TV remote controls
- Game controllers

Now that you know where and what you need to be cleaning, here's how you should do it.

First Clean, Then Disinfect:

1. First, clean the surfaces, removing any contaminants, dust, or debris. You can do this by wiping them with soapy water (or a cleaning spray) and a hand towel.

Remember the 3 Ws: WEAR (cloth face covering), WAIT (6 feet apart) & WASH (your hands often)!

2. Then apply a surface-appropriate disinfectant. The quickest and easiest way to do this is with disinfecting wipes or a disinfectant spray.

Just by adding these two cleaning habits to your daily routine, you can greatly lower the risk of infection for you and anyone else in your household.

Is There A Special Way to Clean Your Clothes During This Time?

Washing your clothes with regular laundry soap and drying them at a slightly higher temperature than you might have otherwise is all you have to do to disinfect your clothes from COVID. Be sure to also disinfect surfaces that your dirty laundry has come in contact with, including the hamper and your hands—especially if you have a sick person in your home. Clean and disinfect a hamper like you would any other surface and wash your hands thoroughly after handling dirty laundry from someone who is ill. The CDC highly recommends using a liner in your hamper if you have someone in your house with coronavirus.

Don't forget to also clean your coat, tote and lunch bags, and/or backpacks. By wiping the inside down and spraying the outside of one's coat, bags, and/or backpack with a disinfectant spray, that should do the trick in protecting you from an unwanted virus. Better yet; if your outerwear is machine washable, it is highly suggested that you do this instead.

How to Disinfect Your Phone or Tablet

You should use a disinfecting wipe or an alcohol solution (at least 70 percent) on your phone. Make sure you pay special attention to the screen, the buttons, and anywhere dust and pocket lint tend to get trapped. Also, make sure you remove the case that's on your phone or tablet and clean both the inside of the case and the phone.

How to Disinfect Your Computer

Avoid using a disinfecting wipe on the screen. Laptop displays and computer monitors aren't always made of glass, so a disinfectant wipe could cause damage. The display should be cleaned with isopropyl alcohol (70 percent) solution and a soft towel. Make sure you wipe down the keyboard, the trackpad, the exterior, the mouse, and/or where your wrists rest on the laptop.

Don't Forget Accessories and Gaming Devices

For any other electronic device, if the exterior is largely plastic (gaming mice, gamepads, TV remotes) it's safe and highly suggested to give them an once-over, each day, with a disinfecting wipe or isopropyl alcohol solution.

Better Yet Stay Home, Stay Safe

As cold weather approaches, there will be a greater temptation to gather inside, especially with the holidays just around the corner. In addition to the threat of COVID, we're also entering influenza season. A combination of all three of these things definitely poses an increased threat for you and your family. If you can, stay home, thoroughly clean and disinfect your home, continue to practice the 3Ws, and stay safe.

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Remember the 3 Ws: WEAR (cloth face covering), WAIT (6 feet apart) & WASH (your hands often)!