

# 6 Steps to a CLEAN AND HEALTHY HOME



We spend 90% of our time indoors.

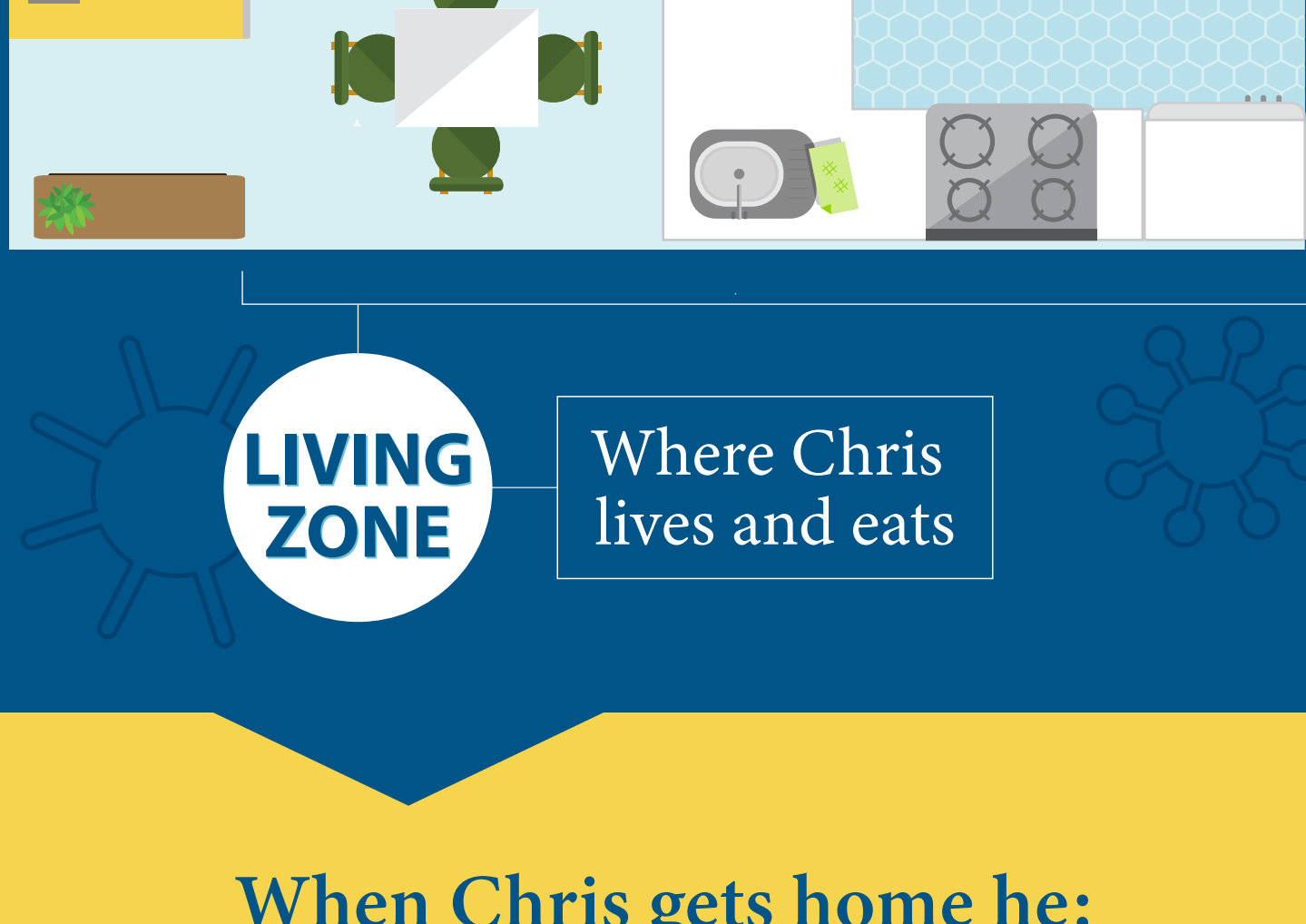


No matter your situation, there are simple ways to make your home a healthy place to live.

## 1 Keep Germs Out of Your Home



Near Chris's front door



Leaves his shoes and outerwear in Buffer Zone



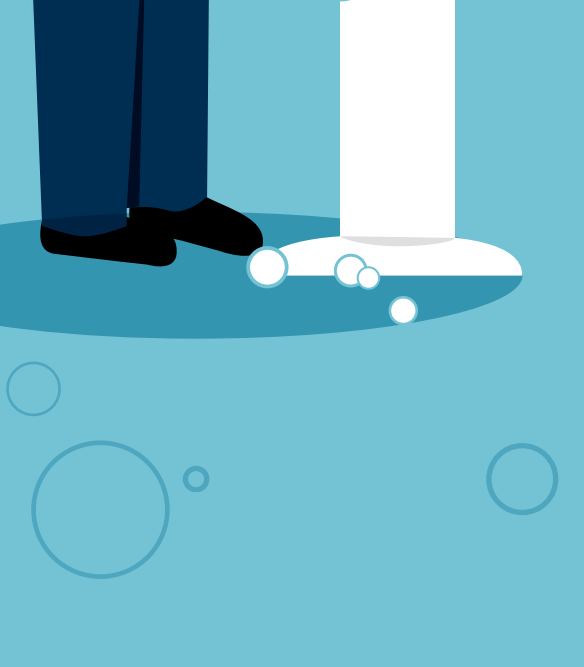
Washes his hands



Takes off his mask by the ear loops



Washes his hands again



When Chris gets home he:

## 2 Clean and Disinfect

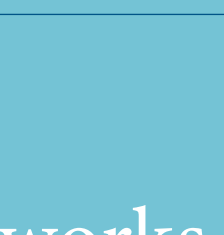


Clean with soap and water to remove germs, dust, and dirt.

Disinfect to kill germs and reduce infection.



Doorknobs and handles



Tables and countertops



Light switches



Sinks

Diluted household bleach works on some surfaces.

Check the label for instructions and expiration date.

Don't mix bleach with ammonia or other cleaners.

Asthma? Clean with vinegar and hot water, not bleach.



Follow label instructions on how to be safe when using cleaning products

## TECH TALK

Clean



Phones



Touchscreens



Computers



Remote controls

with

Alcohol-based wipes or sprays

Hydrogen peroxide wipes or sprays

\*Check electronic manufacturer guidelines.

## 3 Clear the Air



Use a portable air cleaner.

Get a vacuum with HEPA filter.

Remove rugs.

Use a dehumidifier.

Dust twice a week.

## 4 Dehumidify

Don't have a dehumidifier?

Use a window fan.

Open one or more windows.

Dry wet clothes outside.

Place baking soda in a small bowl.

Turn on an exhaust fan in your kitchen or bathroom.

Use a space heater (check safety instructions).

Run an air conditioner if you have one.

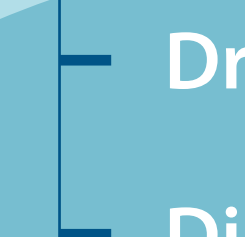
## 5 Improve Ventilation



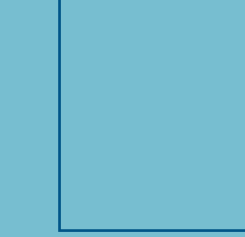
Use bathroom and kitchen exhaust fans.



Open windows.



Use fans.



Make sure appliances vent outside the home.



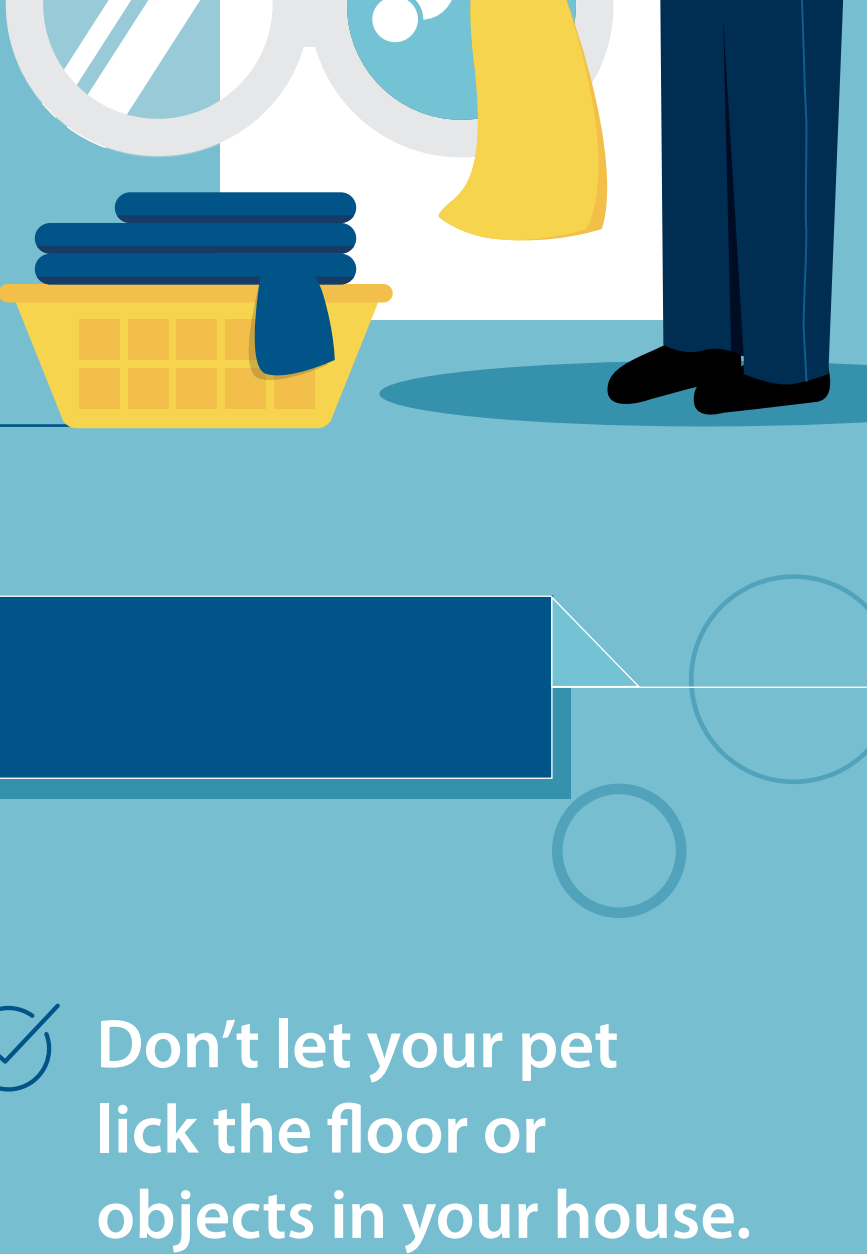
## 6 Do Laundry Safely

Use warmest water setting on clothing label.

Wash sheets and towels on hottest setting.

Dry clothes completely.

Disinfect hampers and laundry baskets.



## 7 Protect Your Pet

Use good hygiene with your pet:

Wash your hands before and after touching, feeding, or cleaning up after your pet.

Don't let your pet lick the floor or objects in your house.

Keep your pet 6 ft away from other cats and dogs.

Consider washing your pet after it goes outside.

