



COVID 19 Reminders from you Faith Community Nurse

Don't forget to clean with products like *Clorox*, *Purell*, *Hydrogen Peroxide* and *Lysol* to thoroughly disinfect and sanitize your home and car surfaces. Make sure you focus on doorknobs, countertops, sinks, cabinet handles, stove knobs, refrigerator doors, remotes, phones, tablets, IPAD, etc.

For Couch and carpet areas: Spray Lysol in a sweeping motion and let dry before sitting or walking on area

For Flooring: Use 1 cup of bleach mixed with 5 gallons of water to mop floors. (Do not use on hardwood or porous flooring) Use a disinfecting wet mop cloth to clean or combine a ½ cup of white vinegar and 1 gallon of water.

No disinfecting products? Use Hydrogen Peroxide to clean your sinks, countertops, and toilets. Pour directly onto the surface and let sit for 10-15 minutes, then scrub the area before rinsing with water.

You can also clean your toothbrush with Hydrogen Peroxide since it can harbor bacteria.

Clean your car after arriving home from your errands. Use disinfectant wipes to clean car handles, keys or start buttons, controls, knobs, sun visor, touchscreen (check manual first), console, cup holders, etc. Do not use wipes on leather products (refer to manual for cleaning products). Cloth seats can be sprayed with Lysol.

Don't forget to clean your credit cards, debit cards, wallets, etc

Most importantly... Wash your hands with soap and water for at least 20 seconds (saying the Lord's prayer or singing Happy Birthday)! Use hand sanitizer with at least 60% alcohol if no soap and water available.

Stay healthy!