

Basic Infection Control Tips



The Centers for Disease Control and Prevention (CDC) recommends regular cleaning of frequently touched surfaces, along with thorough hand washing—both standard practices for helping slow the spread of viruses and bacteria.

Supplies and Basics:

- 1- Dilute Clorox 4 teaspoons per quart of water or 1/3 cup to one gallon of water. Sit for ten minutes then wipe or rinse.
- 2- ** Wipes will do! Clorox, Lysol or store brand (You can also make your own using paper towels and soak in the diluted clorox).
- 3- Isopropyl alcohol- 70%
- 4- Hydrogen Peroxide
- 5- Lysol spray
- 6- Lysol with Hydrogen Peroxide
- 7- Microban
- 8- Rags, towels, gloves (if you have)
- 9- Dish detergent and hot water

(For a complete list of approved products, as the above are, as well as disinfection times for surfaces please visit epa.gov)

Laundry

- 1- **LINEN/TOWELS/RAGS-** Try to keep the dirty linen separate from the clean linen.
 - a. Encourage family members to change clothes & shoes immediately after coming home. Place in proper basket, at, near, or, in the machine.
 - b. Remove blanket/s first to launder. Place in linen basket or etc.
 - c. Remove pillow cases, place in center of bed. Then remove the fitted sheet one corner at a time and roll the entire linen bunch to the center of the bed. Place that in a clean pillowcase for transferring.
 - d. Pull the linen out of the pillow case slowly and place in machine on preferred setting of warm/hot.
 - e. Minimize handling- **DO NOT FLUFF!!** Fluffing is a “great” way to spread germs and bacteria. Please do not!
 - f. According to the CDC, there is no need to wash laundry of sick family member separate from the healthy family member/s. It is an individual choice.
 - g. Remember before you carry and/or, transfer the laundry.... Keep the dirty linen away from your body.
 - h. Use warm/est water setting and high heat to dry items completely.

- i. Use a bit of detergent, bleach or color safe bleach on your laundry and the non-disposable cleaning rags you may have used earlier could be placed inside as well.
 - j. Don't forget to wipe your laundry surfaces- knobs, pulls, etc....
 - k. **WASH HANDS!!!!!! 20 seconds/warm water. Don't forget to moisturize your hands.** Dry cracked hands harbor bacteria.
- 2-** Daily cleaning then disinfecting of "high touch" surfaces: **Countertops, doorknobs, light switches, cabinet handles, fridge/handles, microwave, tables, desks, bathroom, sinks, remotes, phones, computers, mice, mousepads, etc..**
- a. Clean the surface/s of dust, debris etc...then apply appropriate surface disinfectant.
 - b. Use gloves to empty the lined and unlined trash cans. Spray them with disinfectant.
 - c. **WASH HANDS!! 20 seconds/warm water.**
- 3- 70%** Isopropyl Alcohol (if available) is great for the following:
- a. **Cell phones/home phones**
 - b. **Remotes**
 - c. **Gaming devices**
 - d. **Mice**
 - e. **Mousepads, keyboards**
- 4-** Use a wipe, one glove or a paper towel at the gas pump, ATM, etc.....

Sources:

cdc.gov

epa.gov