

# COVID-19 Precautions, Cleaning, and Disinfection - Information for Private Homes

## What Do I Need To Know?

- COVID-19 information can be found here: [Government of Saskatchewan COVID-19](#)
- The virus:
  - is spread in tiny droplets released from coughing and sneezing;
  - can survive for days on tables and other objects; and
  - is easy to kill with regular cleaning and disinfecting.

## What Do I Need To Do?

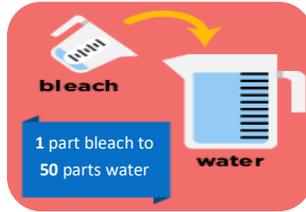
- Good hand washing is important for staying healthy.
- Clean and disinfect regularly. Try to keep your place free of clutter.
- Clean and disinfect twice a day if someone in your home is sick or if you have visitors.
- Regularly disinfect items like switches, doorknobs, toilets, taps, hand rails, counter tops, toys, touch screens/mobile devices, remote controls, and keyboards.
- Clothing and fabrics should go in the laundry. Dry on the highest temperature setting possible.
- Cleaners like soap, Mr. Clean, and Scrubbing Bubbles typically only remove dirt, dust, and oils that protect germs. You need to use a disinfectant after cleaning.
- Disinfectants contain bleach, peroxide, alcohol (70%), or quaternary ammonium.
- Some products will clean and disinfect in one step. Always read the label to be sure.
- Wipes require the surface or item to remain wet for a while. Wipes aren't good for really dirty items.

## How Do I Make a Disinfecting Solution?

- According to Health Canada, a disinfecting solution can be made by mixing 1 part of bleach into 50 parts of water. For example, 1 teaspoon (5 mL) bleach into 1 cup (250 mL) water. These directions are based on bleach that is 5% sodium hypochlorite. Don't get bleach on your clothes and use Personal Protective Equipment like gloves.
- Check [here](#) to see if your disinfectant will kill the virus.
- Do not mix anything (including soap) into a bleach and water solution.
- For bleach and water, use a spray bottle or a pail with a clean wiping cloth.
- Food contact surfaces like tables and counter tops, or toys that can be mouthed by children, must be rinsed with fresh water after disinfecting.



Step 1: Wear clothes you wouldn't mind spilling bleach on. Wear rubber cleaning gloves if available.



Step 2: Mix 1 part bleach into 50 parts water. For example 1 teaspoon (5mL) bleach into 1 cup (250 mL) water.



Step 3: Wipe solutions onto surfaces and allow to air dry. If using on food contact surfaces or toys, rinse with clean water.



Step 4: Never add any other ingredient to the bleach solution



Step 5: Bleach solution in an open container should be discarded after 2 hours. If in spray bottle, make fresh daily.



Step 6: Unused bleach solution can be poured down the drain or toilet in cities/towns. Use caution if disposing solution in private sewage system.

Adapted from <https://www.verywellhealth.com/make-your-own-disinfectant-solution-998274>.  
Pictures from <https://www.cdc.gov/cdiff/prevent.html>; <https://www.wikihow.com/Dispose-of-Industrial-Chemicals>; <https://dribbble.com/shots/4620711-Maintenance-Icons-Pt-2>

## What Else Can I Do to Prevent the Spread of the COVID-19 Virus?

- If someone in your house gets sick, they should be isolated in one room if possible.
- Wash your hands often with soap and water. Scrub for 20 seconds.
- Use alcohol-based hand sanitizer if your hands are not visibly dirty.
- Avoid touching your face, mouth, nose, and eyes.
- Self-isolate in a dedicated room in your home if you are sick.
- Try to stay 2 meters away from people if possible, especially those who are sick.
- Cover your coughs and sneezes and then wash hands with soap and water.
- If you leave the house, such as for groceries, wash your hands when you get home.