



COVID-19 RESPONSE

CLEANING AND DISINFECTING YOUR HOME

Easy everyday steps.

CLEAN

- Wear gloves
- Clean frequently touched surfaces, including:
 - Tables, countertops, desks, phones and keyboards
 - Doorknobs, light switches and handles
 - Toilets, faucets, sinks, etc.

DISINFECT

- Read and follow the product label
- Wear gloves
- Make sure there is good ventilation
- Do not mix chemicals
- Diluted household bleach may be used.
Mix 4 teaspoons bleach per quart of water.

SOFT SURFACES

- Vacuum rugs and carpets
- Wash and dry laundry

ELECTRONICS

- Use alcohol-based wipes or sprays

CLEAN HANDS OFTEN

- After blowing one's nose, coughing or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after taking care of another person (e.g. a child or parent)
- Use hand sanitizer if soap and water are not available

CONTACT

▶ **Gina Peek**
Housing and Consumer
Extension Specialist
gina.peek@okstate.edu