



FOR IMMEDIATE RELEASE

Contact:

Russell Hartenstine

Public Information Officer

Martha's Vineyard Regional Emergency Planning Committee

(508)-693-5380

emd@westtisbury-ma.gov

Wednesday, April 1, 2020

COVID-19 PANDEMIC: TIPS FOR SELF AND HOME SANITIZATION

In our second release in a series of three, the Martha's Vineyard Emergency Manager's Association offer some tips on cleaning and sterilization for self-care and housekeeping.

Self-Care Techniques:

- **Maintain social distancing and stay-at-home practices** — If Island residents abide by the 6 foot interpersonal distancing guidelines and stay-at-home practices, the virus is much less likely to spread throughout our community.
- **Avoid physical contact while greeting** — Use a wave, nod, or bow to greet someone instead of a handshake or hug.
- **Avoid touching your eyes, nose, and mouth** — If you must touch your face, wash your hands before and after you do so.
- **Hand washing is effective** — Wash your hands with hot water and soap for at least 20 seconds. Do this as often as you can, especially after touching potentially contaminated surfaces, housecleaning chores, and before cooking or eating.
 - Use hand sanitizers with at least 60% alcohol to clean your hands if soap and water is unavailable.
- **Take showers daily** — Keeping clean by taking hot, soapy showers is a very effective way to decrease the chance of infection.
- **Keep your fingernails short and clean** — The virus can live under your fingernails. This will decrease your chance of infection.
- **Practice respiratory hygiene** — Cover your mouth and nose when coughing or sneezing with a tissue or the inside of your elbow. Throw away used tissues in a lined garbage can and immediately wash your hands.
- **Wear a face mask if you are sick or exhibiting symptoms** — You will be less likely to spread it to your housemates or the community if you wear a mask when you leave the house to go shopping, get fuel, etc.
 - Wash your hands prior to donning the mask.
 - Ensure the mask covers your nose and mouth entirely.
 - Use the noseband to ensure an air-tight seal.
 - Do not touch the outside of the mask once it is on.
 - Only touch the back of the mask or the ear loops to take it off and discard.

- Wash your hands immediately after touching or removing the mask.
- **Stay home if you are sick** — **DO NOT GO TO THE HOSPITAL!** Call your physician or local clinic from home to see how to get the most appropriate care.
 - Separate yourself from others in the household for cooking, bathing, and sleeping.
 - See the CDC website for further home care guidance.

Home Sanitization and Cleaning Techniques:

- **Clean and disinfect frequently touched surfaces often** — This includes doorknobs, light switches, all handles, faucets, sinks, countertops, tables, desks, phones, keyboards, etc.
- **If surfaces are dirty, clean them** — Use detergent or soap and water prior to disinfection.
- **Use gloves** — Discard disposable gloves in the trash after cleaning. If using reusable gloves, dedicate them only to cleaning and consult the manufacturers' instructions for cleaning them.
- **To Disinfect** — Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface. Options include:
 - Household bleach:
 - 5 tablespoons (1/3 cup) bleach per gallon of water
 - OR
 - 4 teaspoons bleach per quart of water
 - Follow manufacture's instructions for application and proper ventilation.
 - Check to ensure that the bleach is not past its expiration date.
 - **DO NOT MIX BLEACH WITH AMMONIA OR ANY OTHER CLEANSER!**
 - Alcohol solutions:
 - Ensure the solution has **at least 60% alcohol content**
- **Wash clothes frequently** — Wear gloves when handling dirty laundry. If using reusable gloves, dedicate them **ONLY** to washing laundry and consult the manufacturer's instructions for cleaning.
 - If possible, wash on the hottest setting and dry in the dryer.
 - If possible, do not shake off dirty laundry.
 - Clean and disinfect the laundry baskets.
 - If possible, put in a disposable or washable bag.
 - Dry your clothes in an electric dryer on the hottest setting.

REMINDER:

- The virus can survive on:
 - Porous materials (clothes) for 12 hours
 - Cardboard for 24 hours
 - Metal for 48 hours
 - Copper and wood for 4 hours
 - Hard surfaces (plastic and steel) for 72 hours
 - In the air for 30 minutes before landing on surface

English Video Link: <https://vimeo.com/403007959>

English Download Link: <https://vimeo.com/user7348840/download/403007959/a0e66c8166>

We thank you for your efforts in strictly following these guidelines. If we as an Island community do our part, we will make a strong and unified community effort to decrease the spread of Coronavirus.

Your community is here for you. Stay tuned for the next release in the series.