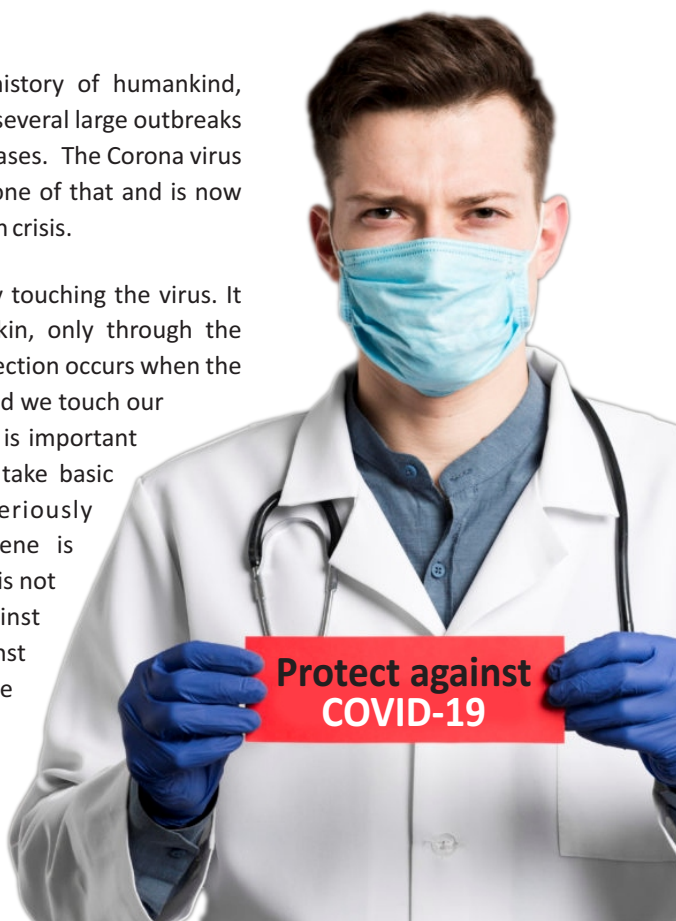


# Cleaning and Hygiene Tips to Protect against COVID-19

**T**hroughout the history of humankind, there have been several large outbreaks of infectious diseases. The Corona virus COVID-19 pandemic is one of that and is now defining the global health crisis.

No one gets infected by touching the virus. It cannot pass through skin, only through the mucosal membrane. Infection occurs when the virus is on our hands, and we touch our eyes, nose or mouth. It is important that everybody should take basic hygiene measures seriously because personal hygiene is our first defence. And it is not just our defence against Covid-19 today, but against other breakouts that we cannot foresee in future.

Even small improvements in hygiene can make a noticeable dent.



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## Personal hygiene

Simple hygiene measures can help protect our family's health and everyone else's. Take care of your health and protect others by following the below mentioned points:

**Don't cough or sneeze into your hands:** Viruses cling to bare hands, so do not use them to muffle your coughs and sneezes. Use handkerchief to cover your face or a tissue and throw the used tissue in a closed bin. If you don't have one with you, cough or sneeze into your elbow.

**Don't touch your face:** Avoid touching your face because the virus can enter your respiratory system through your eyes, nose and mouth

**Wash your hands frequently:** As the virus can survive on various surfaces which we regularly touch, one must regularly wash hands with soap and water. It kills viruses, but only if it is done thoroughly and often. Hands should be scrubbed for at least 20 seconds.



**Bathe daily:** It is important for good health to keep our body clean. It prevents you from germs that might stay on your skin for hours. Also make sure you dry off with your towel properly.

**Wear a face mask:** Wearing a mask in public gives you an extra layer of protection. If you need to take your mask off for a short period of time, fold it so its outer surface goes inward and against itself. This will prevent the inner surface from coming in contact with the outer surface during storage. It should be laundered/washed after every use. If you cannot wash them right away, store them in a plastic bag or laundry basket.



**Practicing social distancing:** The Corona virus can spread among people, who are less than 6 feet apart. Walk instead of using public transport or travel at off - peak times. Avoid spending unnecessary time in crowded places. This is the best tool to avoid being exposed to this virus.

**Mental hygiene:** The degree of fear and stress has increased due the pandemic situation but panicking would make it worse. Stay focus and boost your confidence by creating positive vibes.

## Domestic Hygiene

In a clean, well-maintained environment that is cleaned regularly, the risk of transmission of Corona virus is minimised considerably.



**Wash Hands:** Make sure to wash hands after you blow your nose, sneeze into a tissue/Handkerchief, use the restroom, when you leave and return to your home.

**Keep Kitchen Clean:** Keep food preparation surfaces clean. Waste food should be disposed of carefully. Always remove any unnecessary packaging and dispose into a waste bin with a lid.

**Food preparation in the home:** Before preparing food, hands should be washed with soap for 20 secs. In current circumstances it is necessary to disinfect the vegetables and fruits before consumption. Wash fruit and



vegetables thoroughly by soaking them in a solution of water and baking powder for ten minutes especially if you want to eat them raw.

Cooked food should not be left to stand at room temperature for long periods of time. Better to store in refrigerator.

Make sure you wash your hands with soap and water for at least 20 seconds before eating.

Disinfect the packaged milk and food material also. Wash with clean water thoroughly.

**Laundering/Cleaning clothes:** Wear a fresh set of thoroughly washed clothes. Dry off your clothes properly. Keep the bedding linen and towels



clean. Wash your clothes immediately with detergent when you come from outside.



**Keep home clean:** Sweep and wash the floors, clean the toilet, wash dishes and cooking utensils after meals. Do not throw garbage around residential areas. Keep your surroundings clean.

### Community hygiene

Some health measures can be undertaken only by the community as a whole; these include water source protection, proper disposal of solid waste and excreta, wastewater drainage, controlling animal rearing and market hygiene.

Individual community members play an important role in community hygiene, and have a responsibility towards their neighbours and to the community to promote good health and a clean environment. For example, everyone in



the city/town/village must keep their houses and compounds clean, because one dirty house can affect many conscientious neighbours and contribute to the spread of disease.

Avoid mass gatherings in your society. Community leaders can promote cleanliness in the home by regularly checking on households and by using by-laws to encourage household maintenance.

### General Advisory

Hand-washing and Social distancing are the first line of defense. Proper hygiene could be a simple and effective solution for preventing transmission of infections and reducing the risk of massive global pandemics. Better hygiene may reduce the spread of the disease.

At the time of entering home when coming from outside avoid touching the door knob, call house members to open the door. Put the material at a dedicated place near the door like a table or any box. Go to the washroom and wash hands and face with soap for at least 20 seconds. Put off your clothes and dip those in detergent solution and bath with soap.

Wear mask or cover your face with handkerchief when you step out of the house.

Better to keep separate foot wears for home and outside.

Better to make digital payment during shopping. Avoid taking paper or coin currency. Disinfect coins with sanitizer / soap water and paper notes by using hot cloth iron. Wash your hands immediately with soap after disinfecting the currencies.

Better to use staircase instead of public lift. If there is no other choice, try to push buttons by covering fingers with paper. Keep social distancing.

Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.

If you have any symptoms of fever, dry cough, throat pain or difficulty in breathing, seek for medical attention as soon as possible and diligently follow all the instructions advised by the health authority.



Follow/adhere to the instructions issued by government authorities. Government has issued measures, an indicative list of Do's and Don'ts be it of avoiding social gatherings, going out for only essential needs, following permitted rules for 2 wheelers and 4 wheelers etc. Follow these stringently.

Do not believe in fake news and do not forward messages that might hurt and question someone's sentiments and beliefs.

Do not follow or use medical remedies suggested by people around you or that are circulated in social media as this can have dangerous effects on your health. Always consult a doctor for any query or medication.

Keep up to date on the latest information from trusted sources, such as WHO (World Health Organisation) <https://www.mohfw.gov.in/> or your local and national health authorities. Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

### **CERC-ENVIS Resource Partner**

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