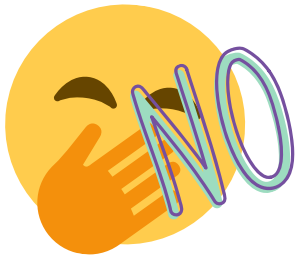


Cleaning Tips for COVID-19



Wash your HANDS often!

Wash your hands with soap & water often, especially when arriving home, after coughing, or interacting with others. Make sure you are washing for at least 20 seconds! If you are unable to wash your hands, use a hand sanitizer with at least 60% alcohol.



Avoid touching your face!

Do your best to avoid touching your face or mouth at all! Your best chance of staying healthy is to keep all germs away from your nose and mouth! It is a great time to be aware and break that habit!



Clean and Disinfect frequently touched surfaces often!

Frequently touched surfaces in our home include doorknobs, light-switches, counter tops, faucet-handles, tabletops, phones, phone chargers, tablets, computers, video game consoles and remotes, t.v. remote-controls, railings. It is best to clean with soap & water, a bleach solution, or disinfecting wipes.



Things you may not think of...

Cleaning the interior surfaces of your car is a good idea, too! You can use the same cleaners as inside our home to clean your steering wheel, shifter, radio controls as you do inside of our home.

Don't forget the door handles and window controls, too! If you are going out for essentials or still going to work, it is a good idea to clean these surfaces, too!

Don't forget to disinfect your cell phone, your dog's leash, and your debit and credit card, too!

Visit www.cdc.gov and www.health.state.mn.us for the most accurate and up-to-date information. There is also an MDH Hotline available from 7am-7pm each day at 1-651-201-3920



COUNTRYSIDE
PUBLIC HEALTH

COVID-19 INFORMATION