

HOW TO CORONAVIRUS-PROOF YOUR HOME

By Scottie Andrew, CNN

MAKE A GAME PLAN

- Designate one person to be your errand-runner to limit your outside exposures
- Set up a disinfecting station — an area outside your home or in a room with low foot traffic where you can disinfect packaged food

WHEN YOU'RE OUT

- Avoid coming within less than six feet of others
- Wipe handles on carts or baskets while shopping
- You don't have to have gloves or a mask — just wash your hands frequently while you're out and avoid touching your face

WHEN YOU GET BACK

- Wash your hands with soap and water for 20 seconds
- Disinfect takeout boxes and packaged foods at your disinfecting station
- Thoroughly wash produce before putting it in your kitchen

DISINFECT

- Disinfect everything you touch — doorknobs, light switches, keys, phone, keyboards, remotes, etc.
- Use EPA-approved disinfectants (these include Clorox Disinfecting Wipes and certain Lysol sprays) and leave surfaces wet for 3-5 minutes

DELIVERY

- Ask workers to drop deliveries off on your doorstep or an area of your complex. If they need you to come to the door, keep six feet of distance
- Pay and tip online when possible
- After you pick up mail from your mailbox, wash your hands

LAUNDRY

- Wash clothes, towels and linens regularly on the warmest setting
- Disinfect your laundry hamper, too, or place a removable liner inside it
- Don't shake dirty laundry to avoid dispersing the virus in the air.

GUESTS

- You shouldn't allow guests over right now
- If you need to house a family member or friend, avoid shared living spaces as much as you can
- If they need to enter shared living spaces, ask them to keep six feet of distance

IF SOMEONE IN YOUR HOME GETS SICK

- First, consult your doctor
- Isolate them in another room and ask them to use a separate restroom
- Disinfect frequently touched surfaces every day
- Avoid sharing items with them
- Wear gloves when washing their laundry
- Continue to wash your hands frequently
- Ask them to wear a face mask if they have one

SUPPLIES YOU'LL NEED

- EPA-approved disinfectants
- If you don't have disinfectants, make a bleach solution: Mix four teaspoons bleach per quart of water; or Use a 70% alcohol solution
- Laundry detergent
- Trash bags
- Prescription medicines (you can mail order these)
- Canned foods — fruits, veggies, beans
- Dry goods — breads, pastas, nut butters
- Frozen foods — meats, veggies, fruits

PETS

- Supervise your pet in your backyard
- It's OK to play with them outside — just keep your distance from other humans