

- Household sanitation

Housekeeping ways to prevent the spread of COVID-19

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CLEANING the house has always been a part of every Filipino household. It has always been in our culture to keep our homes clean and spotless all the time. But since the Covid 19 virus struck the country, the CDC advised every household to thoroughly disinfect regularly, especially the household where a member is a medical staff, front liners and elderly. Cleaning using a soap or detergent-based home cleanser minimizes the quantity of germs on surfaces and lowers the risk of illness from such surfaces. In most cases, cleaning alone is sufficient to eliminate the majority of virus particles from surfaces. Unless someone in your house is sick or if someone who is positive for COVID-19 has been in your home within the previous 24 hours, disinfection to minimize COVID-19 transmission at home is unlikely.

Take precautions in your house to prevent surfaces from becoming polluted by airborne particles or by touching them with contaminated hands. Encourage everyone in your family to wash their hands often, especially after outdoor activities and Ask visitors who are not fully vaccinated to wear masks. This can help lessen the risk of spreading the virus inside your home.

When someone is sick or if someone who has tested positive for COVID-19 has been in your house within the last 24 hours, disinfect your home. Disinfecting surfaces kills any remaining germs and prevents the spread of germs. Clean visibly dirty surfaces with household cleaners containing soap or detergent before disinfecting if your disinfectant product does not have a cleaning agent. Immediately after disinfecting, wash your hands with soap and water for 20 seconds.

Be sure to wash your hands immediately after removing gloves. If soap and water are not available and hands are not visibly dirty, use hand sanitizer that contains at least 60% alcohol. And always keep disinfectants out of the reach of children. (Contributed article)