## **Information from:**

https://floridahealthcovid19.gov/prevention/
How do I prevent and prepare for COVID-19?

## Wash your hands

Wash your hands with soap and water for at least 20 seconds to help stop the spread of germs. If soap

and water are not available, use hand sanitizer with at least 60 percent alcohol.

When Should I Wash My Hands?

This is important because COVID-19 spreads when an infected person breathes out droplets and very

small particles that contain the virus. These droplets and particles can be breathed in by other people

or land on their eyes, noses, or mouth.

By following good respiratory hygiene, you can protect people around you from viruses that cause

diseases such as COVID-19, influenza (flu), and the common cold.

## Clean and disinfect "high-touch" surfaces

Clean and disinfect frequently touched surfaces often, including, but not limited to, tables, doorknobs,

light switches, countertops, handles, desks, and phones.

Cleaning with a household cleaner that contains soap or detergent reduces the amount of germs on

surfaces and decreases risk of infection from surfaces. In most situations, cleaning alone removes most

virus particles on surfaces.

Disinfection to reduce transmission of COVID-19 at home is likely not needed unless someone in your

home is sick or if someone who is positive for COVID-19 has been in your home within the last 24

hours. If disinfection is needed, always follow the directions on the label and use a disinfectant product

from <u>EPA List N</u> that is effective against COVID-19. If products on EPA List N are not available, bleach solutions

## **Improve ventilation**

Improving ventilation (air flow) can help prevent virus particles from accumulating in the air in your

home. Good ventilation, along with other mitigation measures, can help prevent you from getting and

spreading COVID-19.

Below are ways you can improve ventilation in your home. Use as many ways as you can (open windows, use air filters, and turn on fans) to help clear out virus particles in your home faster.

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- professional, if possible. If that is not possible, carefully follow the manufacturer's instructions to replace the filter yourself.
- Make sure the filter fits properly in the unit.
- Change your filter every three months or according to the manufacturer's instructions.
- Ideally, have the ventilation system inspected and adjusted by a professional every
  - year to make sure it is operating efficiently.
- If you do not have an HVAC system or just want extra filtration, consider using a
  portable high-efficiency particulate air cleaner. They are the most efficient filters
  on
  - the market for trapping particles that people exhale when breathing, talking, singing, coughing, and sneezing. Be sure to select one that is the right size for the room(s) one
  - with a Clean Air Delivery Rate that meets or exceeds the square footage of the room in
  - which it will be used.

Turning on the exhaust fan in your bathroom and kitchen that vent outdoors can help move air outside. Although some stove exhaust fans do not send air outside, they can still improve air