



COVID-19

Health Canada advises:

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- 1/ wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
- 2/ use alcohol-based hand sanitizer if soap and water are not available
- 3/ when coughing or sneezing:
 - i/ cough or sneeze into a tissue or the bend of your arm, not your hand
 - ii/ dispose of any tissues you have used as soon as possible in a lined waste basket
 - iii/ wash your hands afterwards
 - iv/ avoid touching your eyes, nose, or mouth with unwashed hands

Cleaning

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. These surfaces include:

- toilets
- phones
- electronics
- door handles
- bedside tables
- television remotes

Surfaces frequently touched with hands are most likely to be contaminated, including:

- tables
- handrails
- doorknobs
- electronics
- countertops
- light switches
- faucet handles
- cabinet handles
- elevator buttons

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Survival of coronaviruses on surfaces

It is not certain how long COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Preliminary information on COVID-19 suggests that the virus may persist on surfaces for a few hours or up to several days depending on different conditions, such as:

- temperature
- type of surface
- humidity of the environment

Although there are no published studies of exactly what kills this current strain of coronavirus, past viruses have been successfully killed with the following ingredients in different formularies, according to data published in the USA by CDC and others.

- Alcohol – Isopropyl
- Alcohol – Ethanol Denatured
- Chlorine release compounds
- Hydrogen peroxide compounds
- Hydrochloric acid admixtures
- Iodophor compounds
- PCMX
- Pine Oil
- Phenolic compounds
- Quaternary ammonium chlorides
- Sodium hypochlorite solutions
- Triclosan

ALWAYS – follow the label instructions on any of these products / chemical mixtures containing these ingredients.

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