



VOL. 01

CLEANING OUR TRIBAL HOME

**THE
CORONAVIRUS
THAT CAUSES
COVID-19
SPREADS EASILY**

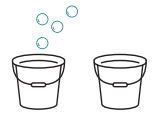


**HELP SLOW THE
SPREAD**



Basic cleaning supplies

- Cleaners
(dish soap and alcohol)
- 2 buckets or spray bottles
(one for soap and one for rinse water)
- 2 cleaning cloths
(microfiber cloths work well but any cotton cloth such as an old but clean cotton sock or shirt will do just as well)
- Clothes line
(for airing hard to clean items like blankets, rugs, and draperies; and to kill the virus from clothes)



What to clean and with what



Dish soap

Soap inactivates the coronavirus that causes COVID-19 by dissolving the lipid (fatty) membrane that envelops the virus.



Microfiber cloths or mops

Soap and water with microfiber cloths or mops can safely remove the virus from wood, metal, and plastics.



Alcohol and air dry

For electronics such as: cell phones, remotes, tablets, keyboard and tv screens use alcohol and air dry.



Opening windows and doors

Is the safest way to clean the air inside your home.

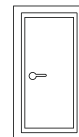
How often to clean

At Least Twice A Day

Commonly touched items and surfaces



Phone



Doorknob



Keyboard



Remote Control

Daily

Anywhere people in your house come together



Bathroom



Living Room



Kitchen Counters & Sink



Eating Area

Weekly

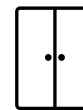
Less commonly used area



Bookshelves



Bedding



Closet



Floor

Special considerations

Toddlers or crawling infants

Keep floors clean daily and look for objects that children may put in their mouths.

Person in home living with COVID-19

Separate items used only by person in home living with COVID-19 (e.g., towels, eating utensils). Use protective gear to disinfect sick area.

Disinfectant wipes if you do not have water

Do not add other chemicals to wipes. Be sure to follow instructions for how long something needs to be "wet" to disinfect properly.

Care Givers

Bring clean shoes to put on in a house where you're providing care so you don't spread anything you walked on all over the house.

Clean home more often when

A person in home is living with COVID-19. When 2+ people live in home. When 1+ child lives in home.

Use Precautions When Using Bleach



Bleach can trigger asthma symptoms but is one way to disinfect areas contaminated with the coronavirus that causes COVID-19. Alcohol solutions with at least 70% alcohol may also be used.

To clean household surfaces:

- Follow manufacturer's instructions for safety use and wet surface area for a period of time.
- Use gloves and eye protection and keep away from children.
- Ensure product is not past its expiration date.
- Dilute household bleach solution in a well-ventilated room or prepare outside.

To make bleach solution, mix:

- 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.
- Bleach solutions will be effective for disinfection up to 24 hours.