

## Household Cleaners

Have you established new habits of cleaning and sanitizing? You might be doing more work than necessary.

Here is a real life example: a woman filled a sink with a mixture of 10% bleach solution, vinegar and hot water and soaked produce that she had purchased at the grocery store. She was transferred to the hospital after experiencing breathing difficulties caused by the chemical mixture.

This woman was doing more work than necessary because there is no indication that the novel coronavirus can be carried and transmitted to humans from food or food packaging. The U.S. Food and Drug Administration recommends that you wash your hands when returning from the store, put your groceries away safely, then wash your hands again.

The Center for Disease Control and Prevention recommends using cleaners and disinfectants as directed and for the type of surface you are cleaning. Wear disposable gloves to clean and disinfect, and use soap and water to clean surfaces.

You know the areas in your home and work space that are high touch surfaces. Clean these areas regularly. Examples might include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

To disinfect these areas of the home, the surface should first be cleaned with a simple solution of soap and water, or a mild detergent if the surface is dirty. Then use a household disinfectant.

The U.S. Environmental Protection Agency maintains a [list of recommended disinfectants for home use](#) to help protect against the coronavirus and other viruses. Consumers are reminded to follow label directions and be sure to follow the contact time, which is the amount of time that a surface should be visibly wet. The CDC's recommendation for a safe bleach solution is listed as 5 tablespoons (1/3 cup) bleach per gallon of water; or 4 teaspoons bleach per quart of water for surface disinfecting.

Alcohol solutions with at least 70% alcohol may also be used, according to the CDC.

Don't mix cleaners together and keep products out of reach of children or in locked locations. Keep products in their original packages so directions and warnings are readily available.

Helping families and community partners connect with resources is a key component of K-State Research and Extension. Our office team is working remotely while our physical office is closed, please contact us at 221-5450 or 441-4565.

*Source: Pat Melgares, KSU News Services; Karen Blakeslee, Rapid Response Center Coordinator, K-State Research and Extension; Centers for Disease Control*

**K-State Research and Extension — all in-person events have been canceled through July 4**

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