

## Cleaning The Home

- **Clean and disinfect surfaces on a daily basis.** Clean surfaces and things that are used often or touched, such as door knobs and handles, light switches, microwaves, phones, remote controls, toilet seats and handles, faucets, toys and other surfaces that are commonly touched around the home or workplace. Use a labeled household disinfectant or a chlorine bleach mixture (see *Making Your Own Sanitizing Solutions below*)
- **Get fresh air into the room.** Fresh air can help cut down the amount of germs in the room. When possible, open windows to bring in fresh air several times a day for 10 to 15 minutes each time. This should be done in all rooms of the house, especially in the room where the sick person is placed.
- **Wash dishes and eating utensils with warm water and dish soap.** It is not necessary to separate dishes and eating utensils between sick and healthy persons as long as they are washed thoroughly with warm to hot water and detergent or dish soap. Everyone's dishes can be washed together by hand with warm water and dish soap, or in a standard dishwasher. Just make sure the dishes and eating utensils are clean! If you don't have hot water or soap
- **Wash laundry with detergent and warm water.** Everyone's clothes can be washed together, but you need to handle dirty laundry carefully so that you are not spreading the illness. Gloves can be used to handle dirty laundry. Do not "hug" the laundry to yourself when picking up or moving dirty laundry. Make sure to wash your hands after handling dirty laundry.

Once the sick person has gotten better, they will have immunity from getting sick from pandemic flu again.

### MAKING YOUR OWN SANITIZING SOLUTIONS

If you do not have store-bought disinfectants on hand, you can make your own sanitizing solutions with clean water and bleach. Bleach solutions should be made daily or every other day, as the chlorine in the solution dissipates over time.

**Sanitizing solution for general cleaning and disinfecting:** Use 1 teaspoon of household bleach per gallon of water.

**Rinsing solution for washing dishes in cold water:** Use 1 tablespoon of unscented household bleach per gallon of water.