

Cleaning Your Home When Someone Is Sick
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This time of year we are spending more time indoors due to inclement weather. Cold and flu season has been hanging around and it can be hard to stay healthy when other family members are ill. Sharing space creates a haven for germs especially when individuals are coughing and sneezing, and touching door knobs.

According to the Association for Professionals in Infection Control and Epidemiology, here are some ways to help you create a cleaner environment, assisting in eliminating the spread of germs and other infections.

- To boost your immune system get proper rest and eat healthy
- Wash your hands often with soap and water, scrubbing for at least 20 seconds, then rinse and dry hands
- Avoid touching eyes, nose, or mouth with unclean hands
- Limit contact with other ill individuals
- Create a cleaning schedule to address high-traffic areas in your house (e.g. Kitchen-Sunday, Bedroom-Monday, Bathroom-Tuesday, Laundry-Wednesday, etc.)
- Use a bleach solution to clean surfaces frequented by family members such as bathroom floors, toilets, sinks, countertops, etc. as it is effective in killing stomach viruses such as norovirus. (Do not mix bleach and ammonia products together)
- Ensure family members discard soiled tissues in the trash, then perform hand hygiene using soap and water or an alcohol-based hand sanitizer with at least 60 percent alcohol)
- Contact your healthcare provider if you or your family members have continued symptoms

Most important, remember the importance of hand hygiene and its ability to prevent the spread infections.