



Solutions for a Cleaner Environment



Guideline of Best Practices to Avoid Contracting & Spreading COVID-19 Coronavirus

The following are commonly advised practices to help stop the spread COVID-19. Multiple studies indicate that a significant portion of COVID-19 patients are asymptomatic, meaning they do not know they're spreading it.

1. Practice Proper Hand Hygiene

1. Rinse your hands of any dirt or grease before adding soap
2. Apply soap and rub hands together making sure to get every area of your hands, fingers and any exposed areas of your wrists
3. Hum the tune of "Happy Birthday" twice to ensure you are washing for the proper amount of time - at least 20 seconds
4. Rinse off all the soap
5. Dry - a very important step to removing germs!
6. If possible, avoid recontamination
 - Use a paper towel to turn off the faucet and when touching the door handle to leave the restroom. Remember all those people who don't wash their hands properly and are touching these areas with contaminated hands.



If no soap or water is available, use a hand sanitizer with at least 60% alcohol.

2. Avoid Touching Your Face with Unwashed Hands

3. Wear a Face Mask in Public

- Even homemade, cloth face masks make it more difficult for droplets to transfer from person to person
- Avoid touching the front of the mask by handling only the straps or ear loops

4. Stay At Least 6 Feet Away from Others Even When Outside

5. Cover Your Mouth or Nose with a Tissue When You Cough or Sneeze

- The average uncovered sneeze sends droplets up to 8 feet away
- Hearty sneezes can spew droplets at speeds of up to 100 mph
- If you're caught without a tissue, use the crook of your elbow



6. Avoid Contact with Sick People & Stay Away From Others When You Are Sick

7. Clean & Disinfect Properly

- Clean & disinfect areas once or twice daily depending on conditions
- Put a strong emphasis on high touch areas such as buttons & handles (i.e. elevator, refrigerator), door knobs, keyboards, phones etc.
- Check efficacy on EPA registered disinfectants (what pathogens they kill)
- Follow label directions - instructions and dwell times will vary for different pathogens

WWW.ALCO-CHEM.COM

45 N. SUMMIT STREET / AKRON, OH 44308 / 330.253.3535 / 1.800.589.2526
1303 PARK AVENUE SW / CANTON, OH 44706 / 330.833.8551 / 1.800.437.5248