



Solutions for a Cleaner Environment



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For a complete list of our COVID-19 Resources, [click here](#).

# Best Practices During COVID-19

## Follow these Guidelines to Protect Yourself & Others During COVID-19

According to the Center of Disease Control (CDC), the virus that causes COVID-19 most commonly spreads person-to-person contact (when people are within 6 feet of each other). It spreads through respiratory droplets produced when an infected person coughs, sneezes, sings, talks, or breathes. The second way the virus is transmitted is from a person touching a contaminated surface and then touching their mouth, nose or eyes. It is possible that the virus may spread through airborne particles that hang in the air from an infected person. The CDC reports growing evidence of this, and in general indoor environments without good ventilation increase the likelihood of infection. Follow these guidelines to best protect yourself and others.

### Tips for Protecting Yourself

#### 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 people who don't wash their hands properly and are touching these areas.



#### It's important to wash your hands:

- Before touching your face
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After touching garbage
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats

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

#### Avoid Touching Your Face with Unwashed Hands

There is currently no information to how long COVID-19 specifically can survive on surfaces but it is estimated to ranges from hours to days. If you touch a contaminated surface and then touch your mouth, nose or eyes you risk contaminating yourself.



#### Avoid Close Contact with People

Individuals should avoid crowds when possible. When out in public, the CDC recommends wearing a face mask and maintaining at least a 6 foot distance from other people.

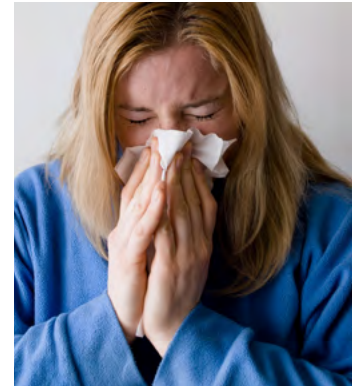
## Tips for Protecting Others

### Stay Home if You're Feeling Sick

If you think you have been exposed and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

### Cover Coughs & Sneezes

Cover your mouth or nose when you cough or sneeze preferably with a tissue, but if one is not available then with the inside of your elbow. You should immediately take steps to practice proper hand hygiene previously highlighted.



### Clean & Disinfect

Cleaning refers to the removal of dirt and grime. It may remove some germs, but mostly moves them around a surface. Disinfecting refers to the killing of a high percentage of germs and/or rendering them incapable of reproducing. Surfaces must be cleaned before disinfecting as dirt can hinder disinfection.

The EPA has provided a list of disinfectants, List N, that are approved for use against SARS-CoV-2, the virus that causes COVID-19. EPA Registration numbers 10324-154 ([DC-7](#) & [Wintafect](#)), 10324-63 ([Sanni-Rinse](#)) & 10324-140 ([Veterinarian's Choice](#)) have been added to this list, when used according to label directions for Human Coronavirus. The EPA Registration number 1839-83 ([TB-Quat](#)) is on this list as well, and additionally has the Emerging Viral Claim. This means that it has demonstrated efficacy against a harder-to-kill virus than the enveloped human coronavirus. TB-Quat has also been approved by the EPA to be effective against COVID-19 at a one minute dwell time.



NOTE: We've listed ALCO manufactured products only. Please contact your account manager for more solutions.

Read any disinfectant label thoroughly before use. Follow instructions carefully and note dwell times also known as contact times. Dwell times are the amount of time that a surface must remain wet in order for the disinfectant to kill certain organisms and should be followed precisely to avoid outbreaks of disease.

High touch surfaces should be disinfected at least once daily in homes where no one is sick. A disinfecting routine should be developed in work environments with multiple people where high touch surfaces are disinfected several times throughout the day depending on conditions. These are areas frequently touched by hands such as tables, doorknobs, light switches, handles, phones, keyboards, toilets, faucets and sinks.

### Additional Approaches to Disinfecting

[Click here to learn more!](#)

ALCO is committed to providing our customers with a variety of options to keep their facilities cleaner and healthier. In today's world we also recognize that patrons need to feel confident when they are entering a business or public space that it is safe and proactive in creating a healthy environment for them. We understand that this pressure can be overwhelming for certain industries. Ask about our options for Photo-Catalytic Oxidation Technology which purifies air and surfaces 24/7 and for UV-C Disinfection.

### Wear a Facemask Appropriately

[Click here to learn more!](#)

As of April 3, 2020, the CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

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**We're happy to help with any questions whether you are our customer or not! Please reach out to your account manager or ALCO's customer service listed below.**

All information was gathered from CDC or WHO. New information is still being discovered about COVID-19 though some information, like the way the virus spreads and what we can do to prevent it, we do not expect will change drastically. Should it, we will update accordingly although we recommend businesses be proactive in learning about COVID-19 as well. The [Center of Disease Control \(CDC\)](#) and the [World Health Organization \(WHO\)](#) are great resources for staying up to date.



**www.alco-chem.com**

**North: 45 N. Summit St. | Akron, OH 44308 | P: 330.253.3535 | 1.800.589.ALCO | F: 330.253.9219**  
**South: 1303 Park Ave. SW | Canton, OH 44706 | P: 330.833.8551 | 1.800.437.5248 | F: 330.833.0011**