



Solutions for a Cleaner Environment



Best Practices to Avoid Illnesses

Follow this Guideline to Minimize Cross Contamination of Respiratory Illnesses and COVID-19

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19) so the best way to prevent illness is to avoid being exposed to the virus. According to the Center of Disease Control (CDC), the virus is thought to spread mainly from person-to-person. This can occur between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

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 all those people who don't wash their hands properly and are touching these areas with contaminated hands.



It's important to wash your hands:

- 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

If you touch a surface with pathogenic bacteria present and then touch our mouth, nose or eyes you risk contaminating yourself.



Avoid Close Contact with People

Put distance between yourself and other people if COVID-19 is spreading in your community. This is very important for people who are at higher risk of getting very sick.

Tips for Protecting Others

Stay Home if You're Sick

With the exception of seeking medical care, stay home when you're sick and avoid contact with other people.

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 wash your hands with soap and water, or as a second option, use hand sanitizer that contains at least 60% alcohol.



Clean & Disinfect

What's the difference? Cleaning refers to the removal of dirt and grime from a surface. Disinfecting refers to the killing of a high percentage of germs and/or rendering them incapable of reproducing. This means that sometimes a surface can appear clean but actually be covered in pathogenic bacteria.

Read any disinfectant label thoroughly before use. Not all disinfectants are created equally and the efficacy may vary depending on what bacteria you're trying to kill. Efficacy sheets can be acquired from the manufacturer upon request.

Also found on the label are dwell times. Sometimes known as contact time, this is the amount of time that a surface must remain wet in order for the disinfectant to kill certain organisms. Dwell times vary from under a minute to as long as ten minutes. They should be followed precisely to avoid outbreaks of disease.

High touch surfaces should be disinfected once to twice daily depending on conditions. These are areas frequently touched by hands such as tables, doorknobs, light switches, handles, phones, keyboards, toilets, faucets and sinks.

The American Chemistry Council's (ACC) Center for Biocide Chemistries (CBC) has compiled a list of products that have been pre-approved by the U.S. Environmental Protection Agency (EPA) for use during the COVID-19 outbreak. The EPA Registration numbers 1839-83 (TB-Quat), 10324-154 (DC-7 & Wintafect) and 10324-63 (Sanni Rinse), when used according to label directions for coronavirus, have been added to the EPA-registered disinfectant products that have qualified for use against SARS-CoV-2, the novel coronavirus that causes COVID-19.



Additionally, we manufacture a variety of other disinfectants that kill similar viruses such as SARS associated Coronavirus or Human Coronavirus when used in accordance to label directions:

- Veterinarian's Choice – Veterinary Disinfectant

PLEASE NOTE: This list includes ALCO manufactured products only. Please contact your account manager for more solutions.

Wear a Facemask in Accordance with the CDC's Recommendations

If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office. If you are not able to wear a facemask then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick and unable to wear a facemask. Facemasks may be in short supply and should be saved for caregivers.

We're happy to help with any questions! Please reach out to your account manager or ALCO's customer service listed below.

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