

Basic Hygiene & Things to Clean Now



Hygiene. Keeping your hands clean is one of the best ways to ward off illness. Make sure to wash your hands for 20 seconds using water and soap before preparing food or eating, as well as after coughing, sneezing, using the bathroom, or touching public surfaces. (See 'Wash Your Hands.')

Keep your distance from others. Droplets from COVID-19 can spread from a cough over 6 feet. Keep at least 3 feet between others and avoid groups larger than 10. (Recommendations as of 3/16/20)

Take care of your toothbrush. While oral hygiene is a crucial factor to staying healthy, pay extra attention to your toothbrush during cold and flu season. If you share a bathroom with others, be sure your toothbrush doesn't come in contact with other toothbrushes as viruses can easily spread this way. Keep yours apart from the rest, preferably in an upright holder so it can dry properly. If you've been sick, consider replacing your toothbrush once you're well again.

Spend time outside. Spending time outdoors is good for both your mental health and your immune system. A review published in the Journal of Investigative Medicine shows that vitamin D can have positive effects on immune function.

Get enough sleep. Inadequate sleep length or quality puts you at greater risk for getting sick due to sleep's effect on your immune system. Aim for 8 hours a night and set up a sleep routine if you have issues falling or staying asleep such as turning off bright lights and practicing meditation.

How to Keep Your Office Desk Clean

You can prevent the spread of workplace cold and viruses by keeping your personal space clean and germ-free.

Computer & Keyboard- Turn your computer off and unplug the keyboard, use a can of compressed air to release dust from the keyboard, dip cotton swabs in a mild cleaning solution and wipe the surfaces between each key, use a lint-free cloth and the cleaning solution to gently wipe all other surfaces.

Phone- Unplug the phone, use a lint-free cloth and a cleaning solution to gently wipe over all surfaces, use a disinfecting wipe on the handset, and pay careful attention to surfaces that come closest to your mouth.

Water Bottle- Bring your water bottle home daily, wash it with dish detergent and warm water.

Pen Holder- Ditch your current collection of pens and buy a new pack, rather than storing them all on your desktop, keep most of them tucked away in a drawer. Wash your pen holder in soap and warm water.

Desktop- Remove any papers or clutter from your desktop, use disinfectant wipes to thoroughly clean the entire surface, do not ignore spaces that aren't easily accessible.