

# In the fight against viruses, Good Chemistry is on your side



**Tips That Help Stop The Spread of COVID-19**  
(And Other Tips For Staying Healthy and Happy)



First, it is critical that the difference between cleaning, disinfecting and sanitizing is understood – there are distinct differences.<sup>1</sup> **“Cleaning”** removes dirt and impurities from surfaces or objects but it does not kill germs. **“Sanitizing”** lowers the number of germs on a surface or object by reducing the germs to levels considered safe by public health standards or requirements. **“Disinfecting”** kills germs by using antimicrobials directly on surfaces and objects. To help stop the spread of COVID-19, you need to disinfect and maintain other healthy habits.

<sup>1</sup> See e.g., <https://www.cdc.gov/flu/school/cleaning.htm>

## COVID-19:

# How To Help Stop The Spread

With the rising outbreak of the coronavirus, it is more important than ever for all of us to be reminded of some of the simple, best practices for preventing the spread of germs, sickness and disease. Luckily, from disinfecting hard surfaces to washing our hands to practicing “social distancing,” there are many steps we can take in an effort to keep ourselves and our loved ones healthy and safe.



### Wash Your Hands

According to the U.S. Centers for Disease Control and Prevention (CDC), hand-washing with soap and water is one of the most effective means to keep the virus at bay.



### Disinfect Highly-Touched Surfaces In Your Office

No one wants to make a coworker ill, so use antimicrobial products to disinfect highly-touched equipment like computer keyboards, staplers, and desks.



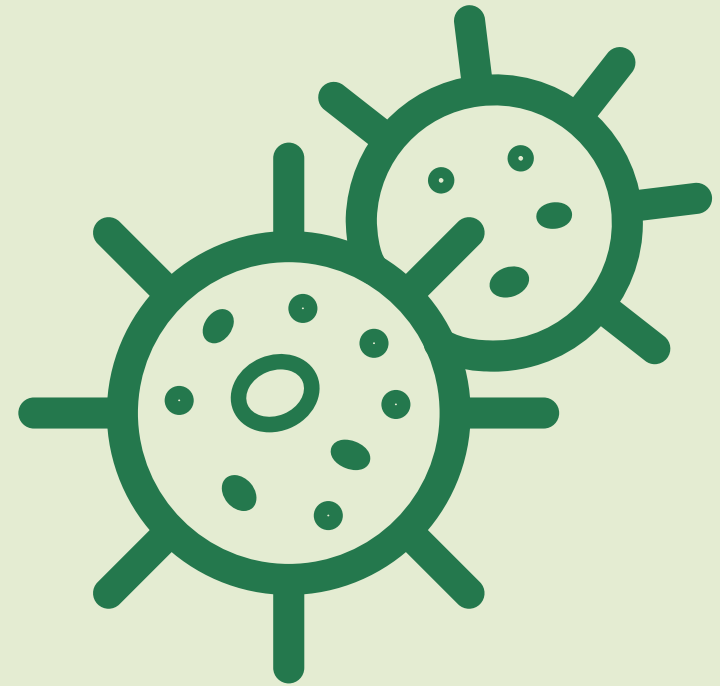
### Keep Your Distance

Your best option to avoid contracting or spreading COVID-19 is to stay home and ensure your house is clean. CDC recommends a thorough disinfection of sinks, toilets, doorknobs, and other hard surfaces that are frequently touched.



### Navigate Highly Populated Areas Carefully

If you must travel, use antimicrobials to disinfect armrests, seats, and other places while on airplanes, trains and buses. Trapped in close quarters with strangers is one of the fastest ways to spread the virus.



**OVER 1,000 PRODUCTS HELP KEEP YOU SAFE: The Center for Biocide Chemistries (CBC) has compiled a list of products that can help you fight the spread of the COVID-19. This product list is not exhaustive but can help to identify products presumed suitable for use against the spread of COVID-19. To learn more, visit [centerforbiocidechemistries.com](https://centerforbiocidechemistries.com)**

## ANTIMICROBIALS: What Are They and Why Do They Matter?

### ANTIMICROBIALS

The term may sound complicated, but what they do is simple: They help stop the growth and spread of microbes that could harm you or your family.



### WHAT THEY DO

Every day, these good chemistries are used to help kill or prevent the growth of viruses and bacteria. Without us even realizing it, they touch many aspects of our daily lives, helping to clean and disinfect germs in our homes, medical facilities and public spaces.



### STAY IN THE KNOW

According to the U.S. Centers for Disease Control and Prevention, a thorough cleaning and disinfection of sinks, toilets, doorknobs, and other hard surfaces that people frequently touch is the first and most important step in preventing the spread of disease. For this reason, you will find antimicrobials products in homes, workplaces and schools.

## HIDDEN IN PLAIN SITE:

## Top Hiding Places for Germs

Sometimes an area may look clean, but tiny microorganisms like bacteria, viruses, and fungi are lurking beyond the naked eye. Luckily, antimicrobials are here to help protect you. Check out these unexpected places that we recommend disinfecting to help keep you and your family safe from germs.



### Outside of the Fridge

While many think to disinfect the inside of the fridge, remember to use antimicrobials on the outside of the fridge, especially on the handles, which are frequently touched.



### Home Floors

Your shoes can pick up germs from the outside. Keep your floors mopped with disinfectant because children and grandchildren crawl around on the floor.



### Bed Sheets and Towels

Your bed can be a breeding ground for germs. Wash your sheets with antimicrobial detergent regularly.



### Keep Smelling Fresh

Athletic shoes and workout apparel contain antimicrobials that protect them from odor-causing germs.

### DID YOU KNOW?

**Washing your hands reduces the chances of contracting a respiratory illness by 54% — making it your best preventative measure.**

Source: Cochrane Database of Systematic Reviews

## PUBLIC PLACES:

# A Common Place for Spreading Germs

Antimicrobials are among the first lines of defense in the battle against infection. Anywhere there are a lot of people, there are a lot of germs. To lessen the transmission of disease-causing viruses and reduce bacteria in spaces with masses of people, antimicrobial disinfectants and sanitizers are used to kill the harmful bacteria and viruses.



### Airplanes, Trains, and Automobiles

Whether you're flying, taking the train, or riding the bus, disinfect your seat to help stop the spread of viruses or bacteria that may be left behind on the seats from the constant contact.



### Grocery Stores

Take advantage of the disinfectants stores often provide to wipe down carts and baskets before loading them up with tonight's dinner.



### Office

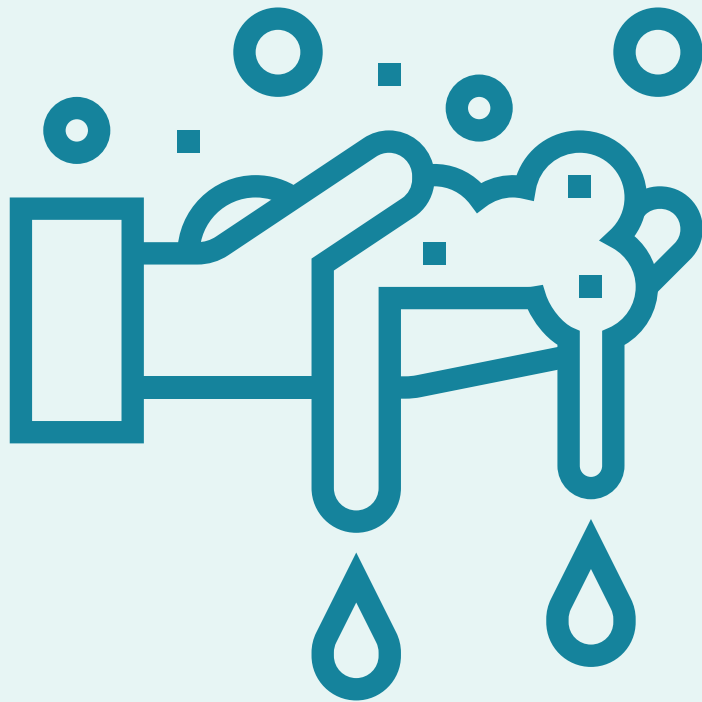
Not everybody has the option or ability to telework or work from home. For those who must go to work, keep in mind that commonly shared equipment like staplers, breakroom counters, and phones should be disinfected so that you and your coworkers don't make each other sick.



### Pack Your Disinfectant

Portable cases of antimicrobial disinfectants and hand sanitizers can come in handy while working in public spaces, running local errands or traveling.





**HANDWASH TIP:**

**Experts recommend that you wash your hands for a full 20 seconds to kill off the bacteria. Try singing “Happy Birthday” or the “ABC Song” to yourself to ensure you’re cleaning them thoroughly enough.**

**GUESTS ARE STILL WELCOME:**

**How To Make Sure Those Germs Are Not**

Social Distancing is an effective way to stop the spread of COVID-19, but many of us have friends and relatives alongside us in our homes. Take a look at how good chemistry can help keep unwelcome germs away.



**Give 'Em Something to Sneeze At**

Share antimicrobial tissues or antibacterial soap. Antimicrobial tissues help contain a lot of sneezing and coughing, which can spread germs. Guests can use antibacterial soap afterwards to disinfect their hands.



**Dust Off Those Mop Skills**

Mop – don't just sweep or vacuum. Floors not only collect crumbs and drips from your meal prepping, but they also collect germs. Keep your floors germ- and bacteria-free by using a disinfectant floor cleaner.



**Fluff and Fold Daily**

Use new towels every day. Since microbes thrive in moist and humid environments, providing fresh and dry towels protects you and your guests from germs. Washing the towels with antimicrobial laundry detergent also kills harmful bacteria.



**Keep That Kitchen Disinfected**

The kitchen is one of the most popular spots for family and friend gatherings. Germs and bacteria can hide in many places. Use a disinfectant to wipe down your countertops, sinks, cabinets, and appliance surfaces, and all handles or drawer pulls.



**Clean Those Linens**

Offer a set of fresh sheets. Antimicrobial laundry detergent removes any bacteria and germs and ensures the beds are ready for your guest's arrival, and a germ-free sleep.



Learn more at [goodchemistryliveshere.com](http://goodchemistryliveshere.com)

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