

Items to Clean During Pandemics

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Cleaning Options

- Soap and water (Always remember, soap does NOT kill germs.) Detergent, yes, soap no.
- Diluted Bleach (1 part bleach: 9 parts water) Note: Detergent is not on this list.
- Alcohol-based hand sanitizer
- Full strength vinegar, or partially diluted
- It is possible to buy Surgical scrub [Provioldine Solution (Detergent) the one that creates suds to emulsify and wash away germs] However, caution must be used with this product as it is NOT for general body use as that can strip away the normal skin microbiome and thus, increase susceptibility to dangerous infection. For small skin section use it is a great sterilizer. Great to take a small amount with you when holidaying or camping. You will need a very small amount of this stuff per use.

Hand Washing

Soap and WARM water for 20 seconds. (Sing Happy Birthday to yourself twice.)

So, why not use hot water?

Because hot water can strip away to much of the normal hand oils that are protective to the hands. Doing that on a regular basis would not be good and can lead to skin drying and cracking. Stick with warm water to emulsify the germs and send them down the drain. Don't use detergent on bare hands for the same reason.

Laundry

Bedding, pillow slips, towels washed in hot water. Maybe also leave the bedding and towels (often washed together) in the dryer on high for an extra ten minutes. Maybe put the pajamas, bed socks, eye cover wear (black sock), pillow slips AND the whole pillow, into the clothes dryer, on high, for 20 minutes every single day after use. It is the heat killing effect we are after here. With feather down pillows you may want a caution on that as down does have natural oils in it that keep things fluffy.

The House Once-Over or Maybe Thrice-Over Check-Off List

Thorough Clean, if Needed

High-Touch Surfaces and Not So Touched Surfaces

1. House keys
2. Watches
3. Eye Glasses
4. Money, coinage and paper (Your on your own with the paper LOL.)
5. Newspapers, magazines brochures, flyers etc. (Ok, your on your own here too.)
6. Bicycle handles and parts

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7. Exercise equipment parts
8. Children and adult toys and games
9. Playpens, and handles of toys children may touch frequently
10. Children monitoring devices
11. Cameras and photo adapters
12. Faucet Taps, check all rooms including laundry tub in basement
13. Shower door handles, curtains, faucets, water control devices etc.
14. All mirrors especially those used for teeth flossing
15. Light switches
16. Door knobs, door edges
17. Kitchen counters
18. Kitchen sink bowls and sink food strainers: Do a thorough sudsy clean.
19. Dinette table tops and the undersides
20. Underside of tables and counters especially if kids are around
21. Fridge, microwave, stove, dishwasher handles, knobs and pushbuttons
22. Cupboard door handles and door parts used to close doors
23. Coffee making equipment and kettles
24. Kitchen tools, Mixmasters etc.
25. Window handles used regularly for cross ventilation
26. Kitchen chairs including the underside where fingers regularly touch
27. High use items, oil and vinegar bottles, salt and pepper shakers, spice rack items
28. Cutting boards
29. Kitchen and dinette chair backs and the seat undersides
30. Lazy chair handles and switches
31. Laundry room switches, and handles, washer and dryer door handles and knobs
32. Liquor cabinet and liquor bottles
33. Phones
34. Toilets - lids (upper and undersides), flush handles
35. Electronics, game consoles remotes etc.
36. Electronic remotes
37. Computers and keyboards
38. USB Sticks (External jump drives.)
39. Printers, buttons and scanner lids
40. Bedside tables
41. Table lamps, switches
42. Snow shovels
43. Work tools
44. Writing pencils and pens
45. Luggage handles, zippers etc.

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46. Travel bags
47. Car keys, FOB's
48. Car door handles, inside and out, door lock buttons, window handles and buttons
49. Car Steering wheels
50. Car stick shifts
51. Car buttons
52. Car infant and booster seats
53. Personal things, wallets, purses, carry bag handles, reusable bag handles
54. Jewellery items
55. Winter coat zippers, buttons
56. Toiletry items and grooming items
57. Refrigerator contents, oooh this is a big one: Maybe wash the hands well before going in.
58. Street shoes, boots
59. House shoes, slippers
60. House floors, carpets
61. Vacuum handles, hoses switches,
62. Dusting utensils etc.
63. Floor wash bucket handles
64. Mop handles
65. Garbage container handles, those inside the house and outside
66. Dishrags, wet them thoroughly and microwave on high for two minutes, then wash with soap. You don't need longer than two minutes. You do need to wash with soap after.

Think this way. "If I bring a guest into my house, what might they touch, what might they cough on, what might they sneeze on." Thus, keep food items covered as a prudent preventative measure, even dry items. This is not a lot of work and a smart way to go even with just the general family, but particularly when the elderly come over. An upside down clear glass bowl over something is good. It is airborne droplets we are seeking to contain.

Getting a thorough clean may take some effort and diligence. In a pandemic it is usually worth it.

Surgical masks??? Well, if you think the need is great then OK.

We need to keep in mind that with new pandemics one does not really know the incubation period thus, it is guessed at by the experts. One does not know if a person WITHOUT symptoms can be infective. One does not know if hard surfaces like counters can be infective. (Germs staying alive for a period of time.) Usually the germs need a fluid base to stay alive thus, sinks are a great place for them. Germs LOVE sinks. Leaving food and dishrags in a sink is bad, bad, bad practice.