# How to Effectively Clean Your House to Protect From COVID-19

Are you cleaning or disinfecting a hard and non-porous material or item like glass, metal, or plastic? Consult EPA's list of approved products for use against COVID-19. This list will help you determine the most appropriate disinfectant for the surface or object. You can use diluted household bleach solutions if appropriate for the surface. Pay special attention to the personal protective equipment (PPE) that may be needed to safely apply the disinfectant and the manufacturer’s recommendations concerning any additional hazards. Keep all disinfectants out of the reach of children. Please visit CDC's website on How to Clean and Disinfect for additional details and warnings.

Examples of frequently touched surfaces and objects that will need routine disinfection are:

- tables
- doorknobs
- light switches
- countertops
- handles
- desks
- phones
- keyboards
- toilets
- faucets and sinks
- touch screens


# Maintain Safe Behavioral Practices

We have all had to make significant behavioral changes to reduce the spread of COVID-19. We will need to continue these practices:

- social distancing (specifically, staying 6 feet away from others when you must go into a shared space)
- frequently washing hands or use alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available
- wearing cloth face coverings
- avoiding touching eyes, nose, and mouth
- staying home when sick
- cleaning and disinfecting frequently touched objects and surfaces

It is important to continue to follow federal, state, tribal, territorial, and local guidance for reopening America.

# Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop. Don’t take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

Handwashing is Easy and Effective for the Prevention of Germs!

1. Wet your hands with clean, running water, and apply soap.
2. Lather your hands by rubbing together with the soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel.

Source: [https://www.cdc.gov/handwashing/when-how-handwashing.html](https://www.cdc.gov/handwashing/when-how-handwashing.html)

Child Abuse Hotline Information

The Statewide Central Register receives calls 24 hours a day, every day from two types of sources: persons who are required by law (mandated) to report suspected cases of child abuse and maltreatment; and calls from non-mandated reporters, including the public.

*For more information visit the Office of Children and Family Services website at [https://ocfs.ny.gov/main/cps/](https://ocfs.ny.gov/main/cps/)*

Do you suspect abuse or maltreatment? Report it now and call the statewide toll-free number at 1-800-342-3720.

Vroom Activity - Brain Building Moments!

Science tells us that the more we engage with our children the better they will do later in school and in life. With these Vroom activities, you have what it takes to be a brain builder!

**Space Explorer Ages 4-5**

Show your child the world from different points of view. When they are in your arms, crouch down low or gently lift them up in the air. Describe what you are doing and respond to their reactions. “You’re as high as the light! Look what you can see up here!”

**Brainy Background**

Moving your child around and talking about what you are doing helps them learn about important concepts like shape and space. Children learn these concepts through back and forth conversations, where you follow their lead and respond to their reactions.

Child Care Aware® of Steuben and Schuyler Contact Information:

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Montour Falls, NY 14865
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*Hours of Operation: M - F 8:30 am – 4:30 pm* [www.proactioninc.org/CCA](http://www.proactioninc.org/CCA)

Visit our social media pages:
**Facebook:** Child Care Aware of Steuben and Schuyler
**Twitter:** @CCAoSSny

Child Care Aware® of Steuben and Schuyler is a member of Child Care Aware® of America, Winning Beginning NY and the Early Care and Learning Council. Child Care Aware® of Steuben and Schuyler is nationally Quality Assured and NYS Standard of Excellence Certified.

To learn more, go to [joinvroom.org](http://joinvroom.org) or download the free daily vroom app!