



APRIL 21ST, 2022

CARRIE'S
COVID Q & A

Source: US NEWS AND WORLD REPORT



Question: I've heard that COVID-19 cases are once again on the rise in the US. Is that true?

Answer: Yes, cases of COVID-19 throughout the US have been increasing after two months of steadily decreasing numbers. This same trend is being seen in Wisconsin and Milwaukee. The surge is being attributed to the more contagious BA.2 variant. Experts do not believe this surge will be as big as the last Omicron surge but do warn that it is important to remain vigilant about protecting yourself and others through masking and vaccination.

SPRING CLEANING

Choose safer, effective COVID disinfectants



Cleaning and disinfecting of surfaces is a best practice measure for prevention of transmission of COVID-19 and other viral respiratory illnesses.

- **Cleaning** removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- **Disinfecting** kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.
- **Sanitizing** lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.

WHAT PRODUCTS SHOULD YOU USE?

Most disinfectants contain hazardous chemicals, and it is also important to not overuse disinfectants. A good cleaning with soaps or detergents is okay to do often though.

Look for products that are fragrance-free and avoid aerosols. It is also important to know that disinfectants take time to work. Clean dirty surfaces *first*, and then spray a disinfectant on a sponge or cloth to apply. The disinfectant usually needs 5-10 minutes to remain wet on the surface to disinfect.

These active ingredients are considered *safer* ingredients (look for these active ingredients in the products you are purchasing):

- Hydrogen peroxide
- Lactic acid
- Citric acid
- Octanoic (caprylic) acid
- Alcohol (ethanol, isopropanol) - for spot cleaning only (example computer keyboards); do not use for applications that require more than one wipe, or cleaning of surfaces larger than 1 square foot.
- Thymol - use when other products are not available

Choose safer cleaning products by looking for products that say,

"Safer Choice"

"Green Seal Certified"

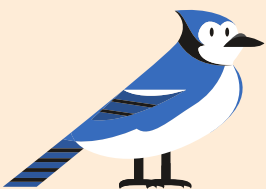
"Ecologo"



These products will be just as effective as other cleaning products, but safer for your health. Products with these ecolabels must meet industry standards for cleaning effectiveness, and do not contain ingredients that could cause asthma or make someone's asthma worse.

Resources: saferdisinfectants.org, epa.gov, cdc.gov, research.wayne.edu

TODAY'S LITTLE CHUCKLE



Q: Why did the Blue Jay cross the street?

A: To practice his Jaywalking!