



Coronavirus (COVID-19)

Information for our Community

The Coronavirus (COVID-19) outbreak has everyone wondering what they can do to protect themselves, their families, their customers, and our community. And rightly so, this is a major public health issue. The Lincoln-Lancaster County Health Department wants you to have accurate, credible information.

COVID-19 is believed to spread primarily by respiratory droplets from coughs and sneezes from someone with the disease. While it is possible that people who touch surfaces or objects contaminated with the virus and then touch their mouth, nose or eyes may become infected, this is not the main way it spreads. Disinfecting surfaces will have some value, but people staying home when sick with a fever and cough, covering their coughs and sneezes (cough or sneeze into your elbow or a tissue), and washing their hands will have more impact on reducing illness in our community.

Here is a great poster from the Centers for Disease Control that encourages people to cover their cough: <https://www.health.state.mn.us/people/cyc/cycpgeneng.pdf>

Here is the Lincoln-Lancaster County Health Department's most popular hand washing poster: <https://lincoln.ne.gov/city/health/environ/CEH/pdf/HandwashPoster.pdf> Feel free to use it in all restrooms and near hand sinks. If you can't wash your hands, the next best option is to use an alcohol based hand sanitizer (with at least 60% alcohol).

But, what can you do about door handles, doorknobs, push bars, faucet handles, flush handles, shared pens, or any other object or surface that have frequent hand contact by multiple people? If you can, try to eliminate multiple touches. If you can't, then cleaning and disinfecting would be the next best option.

To disinfect an object or surface, it needs to be clean and free of visible dirt, grime, grease, etc. Then choose a disinfectant that kills Coronavirus, carefully following the label directions for safe and effective use. CDC and EPA have provided a link to a list of disinfectants: https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf

Here is an easy to follow guide we created for childcare centers on how to disinfect: <https://lincoln.ne.gov/city/health/environ/CEH/pdf/CSD11.pdf> Disinfecting wipes can be effective if they are used according to the manufacturer's directions. After wiping, be sure to let the wetted surface air dry. That can take some time, and you may be tempted to dry it with a cloth. That does not allow the disinfectant time to work and kill the viruses. How often should you disinfect these high touch surfaces and objects? We suggest 3 or 4 times per day.

Another option is to use a bleach solution. While bleach solutions cannot be used on all surfaces, it can be used on many. One common problem with bleach is using too strong of a concentration. Guidance for how to mix and use a bleach solution can be found here: <https://lincoln.ne.gov/city/health/environ/CEH/pdf/MixingbleachHandout.pdf>

If you want to dig deeper, our website has links to some great resources: <https://lincoln.ne.gov/city/health/>
If you have specific questions, please call our Coronavirus (COVID-19) Hotline at 402-441-8006.

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COVID-19 **BE PREPARED**



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