



# Arkansas Department of Health

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Governor Asa Hutchinson  
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New  
March 27, 2020

## COVID-19: Guidance for Hand Hygiene and Disinfectants

### Background:

COVID-19, caused by the novel coronavirus – SARS-CoV-2, emerged from Wuhan, China in December of 2019 and has quickly spread around the world. Unfortunately, no treatment or vaccine is available. Prevention is the best strategy we have for keeping Arkansas safe. Hand hygiene and regular cleaning of frequently touched surfaces is crucial in preventing disease spread. This document was created in accordance with recommendations from the Centers for Disease Control and Prevention (CDC) in order to provide guidance for hand hygiene and appropriate cleaning products to use around the home or workplace.

### Recommendations:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, going to the bathroom, and before eating or preparing food.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
  - If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
  - To disinfect, most common EPA-registered household disinfectants will work.
  - See CDC's recommendations [for household cleaning and disinfection](#).
- Wear disposable gloves when cleaning and disinfecting surfaces.
  - Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes.
  - Consult the manufacturer's instructions for cleaning and disinfection products used.
  - [Clean hands](#) immediately after gloves are removed.
- A list of products with the EPA-approved emerging viral pathogens claims can be found [here](#).

If you have any questions, you may contact ADH's COVID-19 call center at 1-800-803-7847 Monday-Friday from 8am-4:30pm.