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1-minute survey:

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It is anonymous and will be used to
evaluate the effectiveness of the webinar.



Disinfection During COVID-19



Image taken from [simplegreen.com](https://www.simplegreen.com)





Presenters:

Mary Ellen LaSala, PhD, RN, Chair of the Department of Undergraduate Studies, School of Nursing

Gabriella Pandolfelli, Graduate Student, Master of Public Health

Philip Massaro, Nursing Student, Bachelor's of Science in Nursing

Contributors to Presentation:

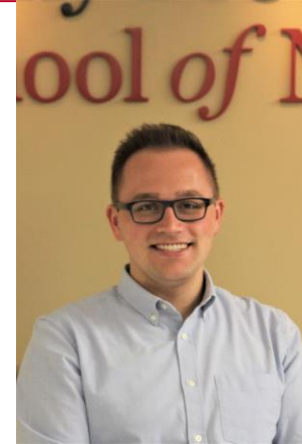
- Lisa A. Benz Scott, PhD, Professor and Director, Program in Public Health
- Carol Della Ratta, PhD, RN, Associate Dean for Academic Affairs and Strategic Partnerships, School of Nursing
- Leah Topek Walker, LCSW, Field Education Coordinator, School of Social Welfare
- Jessica Koos, MLS, Health Sciences Librarian, School of Medicine, Program in Public Health, Biomedical Informatics



Mary Ellen LaSala, PhD RN is a Clinical Assistant Professor and Chair, Undergraduate Studies, Stony Brook University School of Nursing. Dr. LaSala teaches Population Health in the undergraduate department. Dr. LaSala's contribution to nursing research, education and clinical practice is grounded in advocacy for individuals who cannot fend for themselves. Her work in supporting those at risk for poor health outcomes as well as those in need of assistance in accessing educational resources. Her interest in advocacy stems from a diverse career in nursing. She has worked across the spectrum from critical care (neonatal, pediatric, and adult intensive care units) to pregnant adolescents and community health initiatives.



Gabriella Pandolfelli has completed her first year as a Master's in Public Health Student concentrating in Health Policy and Management. She is the program coordinator for the Healthy Libraries Program.



Philip Massaro is a senior in the School of Nursing at Stony Brook University working toward becoming a Nurse. Certified as a Health Education Specialist, AHA CPR Instructor, NYS Firefighter and Critical Care EMT.



Stony Brook Medicine's Healthy Libraries Program (HeLP) is a partnership with the Public Libraries of Suffolk County, the Suffolk Cooperative Library System Outreach Services Department, and is supported in part by the American Heart Association of Long Island.

The program is an interdisciplinary team of public health, nursing, and social work students whose aim is to:

- Provide evidence-based health information, screening, and case management to a diverse community of patrons in the public library setting.
- Refer patrons to promote access to appropriate health and social services programs locally that will address their health and social support needs.
- For students to experience an interprofessional team and demonstrate the core competencies based on the Interprofessional Education Collaborative (IPEC).



By the end of the webinar participants will be able to :

- Identify at least three symptoms of COVID-19.
- Identify how COVID-19 spreads.
- Identify the percent alcohol content needed in hand sanitizer for it to be effective.
- List the personal prevention behaviors.
- Identify how face masks should be worn and used.
- Identify situations when gloves are needed.
- Identify how to make a solution of disinfectant from bleach.
- Feel confident in your ability to use personal prevention and disinfection during COVID-19.



Please put yourself on mute.

If you would like to ask a question, please use the chat function or unmute yourself.



- COVID-19 is a respiratory illness that can spread from person to person.
- Beta Coronavirus named SARS-CoV-2 is similar to other respiratory viral outbreaks like MERS and SARS.
- COVID-19 is a disease process that arises from the SARS-CoV-2 virus strain.
- Coronaviruses are a large family of viruses that are common in people as well as different species of animals.
- Video explaining COVID-19:
- <https://www.youtube.com/watch?v=Xj1nUFFVK1E>
- [https://www.osmosis.org/learn/COVID-19_\(Coronavirus_Disease_19\)?utm_source=youtube&utm_medium=social-media&utm_content=awareness-organic&utm_term=youtube-description&utm_campaign=covid19-facts](https://www.osmosis.org/learn/COVID-19_(Coronavirus_Disease_19)?utm_source=youtube&utm_medium=social-media&utm_content=awareness-organic&utm_term=youtube-description&utm_campaign=covid19-facts)



- Any person can get sick.
- Affects any age.
- Some people are at a higher risk of **developing serious complications** from COVID-19:
 - Older adults
 - People who have serious medical conditions like heart disease, diabetes, lung disease, hypertension and those who are immunocompromised
- Cases reported in all 50 states plus US territories.
- As of **June 15th, 2020** there have been **2,085,769 cases** of COVID-19 in the United States with **115,644 total US deaths**.
- New York State has the highest number of cases
 - **388,719 confirmed cases** and **30,645 deaths**.



Person to Person:

- Between people who are in close contact.
- Through respiratory droplets produced when an infected person coughs, sneezes or talks .
- These droplets can enter the mouth or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may spread by people showing no symptoms.



COVID-19 is a new disease and researchers are still learning how it spreads.

These are not the main ways the virus spreads:

- From touching surfaces or objects
- From animals to people
- From people to animals



Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

New symptoms:

- Muscle pain
- New loss of taste or smell
- Chills
- Sore throat
- Nausea
- Vomiting
- Diarrhea

Seek medical attention immediately if there are emergency warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Blush lips/face



Everyone should:

- Maintain social distancing – 6 feet apart
- Clean your hands often with soap and water
- If soap and water not available use hand sanitizer with at least 60% alcohol
- Cover your mouth and nose with a cloth face cover when around others
- Cover coughs and sneezes
- Clean and disinfect

Proper Hand Washing Video: <https://www.youtube.com/watch?v=-LKVUarhtvE>



Limit errands

- family members should only leave when absolutely necessary

If you must leave the house for an essential errand:

- Choose one or two family members who are not high risk to go
- Wear a cloth face covering, avoid crowds, practice social distancing
- Do not use public transportation – if you must practice social distancing and avoid touching high touch surfaces
- Do not ride in a car with members of different households
- Limit contact and create space within the vehicle
- Improve airflow in the car by opening the window or placing air conditioning on non recirculation mode
- Wash hands immediately when you return home
- Maintain as much physical distance with those at high risk at home



- Limit in person contact if possible
- Pay online or on the phone when you order
- Ask for deliveries to be left in a safe spot outside your house with no person to person interaction
- Otherwise stay at least 6 feet away from delivery person
- Wash your hands or use hand sanitizer after accepting deliveries or collecting mail



- Adults 65 years and older and people who have serious medical conditions should avoid caring for children in their household
- If people at higher risk must care for the children, the children should not have contact with individuals outside the household
- Those at high risk should avoid taking care of sick people of any age who are sick



How to wear cloth face coverings

They should:

- Fit snugly but comfortable against the side of the skin
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be washed and machine dried without damage or change to shape
- Be routinely washed depending on the frequency of use

Should not be placed on children under the age of 2 years, anyone who has trouble breathing, is unconscious, incapacitated or who has the inability to remove it them self

Do not touch eyes, nose, and mouth while removing. Wash hands immediately after removal.





How to clean and disinfect:

- **Wear reusable or disposable gloves**
- Clean surfaces using soap and water, then use disinfectant
- Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces.
- Routinely clean frequently touched surfaces
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks etc.
- If an item is dirty, clean with soap and water then use a household disinfectant by following the instructions on the label (keep surface wet for a period of time, wear gloves, use in a ventilated area)
- Disinfectants that are alcohol based must have at least **70% alcohol**
- Diluted household bleach can also be used



Wear gloves when:

- Cleaning
- Caring for someone who is sick

Gloves aren't needed when:

- Outside of these instances
- When using a shopping cart or accessing an ATM
- When running errands and after going out regularly wash your hands with soap and water or use hand sanitizer



Diluted household bleach can be used in place of disinfectants if appropriate for the surface

- Make sure bleach is not expired
- Follow manufacturers instructions
- **DO NOT MIX WITH AMMONIA OR ANY OTHER CLEANSER**
- Leave solution on surface for at least one minute and then completely dry the surface
- To make solution mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water or
 - 4 teaspoons bleach per quart of water



For soft surfaces such as carpets, rugs, drapes:

- Clean surface using:
 - **Soap and water**
 - Cleaners appropriate for use on these surfaces
 - **Launder items if possible**
 - **Disinfect with EPA-registered household disinfectants**



For electronics such as tablets, cell phones, touch screens, keyboards, remote controls, atm machines etc.:

- If possible, put a wipeable cover on electronics
- Follow manufacturers instructions for disinfecting
- If no instructions are given use alcohol-based wipes or spray containing at least 70% alcohol – dry surface thoroughly after use



For clothing, towels, linens and other washable items:

- Wear disposable gloves
- Wash hands with soap and water as soon as you remove the gloves
- Do not shake dirty laundry
- Use warmest water possible and dry items completely
- Dirty laundry from a sick person can be washed with other items
- Clean and disinfect hampers according to guidance for surfaces
- Remove gloves and wash hands right away



- Wash your hands often with soap and water for at least 20 seconds
- Always wash your hands immediately after removing gloves or being in contact with someone who is sick
- Hand sanitizer: can be used if soap and water are not available and hands are not visibly dirty, must be at least 60% alcohol
- Key times to wash your hands: after blowing your nose, coughing or sneezing, using the restroom, eating or preparing food, after providing care for another person (e.g. a child)
- Avoid touching your eye, nose and mouth with unwashed hands



Bedroom and Bathroom

- If possible, keep a separate bedroom and bathroom for the person who is sick.
- The person who is sick should stay separated from other people in the home as much as possible.
- **If you have a separate bedroom and bathroom:** wear disposable gloves and only clean the area around the person who is sick when needed – such as when the area is soiled.
- Provide personal cleaning supplies to the person who is sick like tissues, toilet paper, paper towels, cleaners, disinfectants.
- **If you do have a shared bedroom:** make sure the room has good air flow, maintain at least 6 feet between beds, sleep head to toe, put a curtain or a physical divider to separate the ill person's bed.
- **If you have a shared bathroom:** the person who is sick should clean and disinfect after each use. If not possible the caregiver should wait as long as possible before cleaning and disinfecting.



Food

- Stay separated: the person who is sick should eat or be fed in their room if possible
- Wash dishes and utensils using disposable gloves and hot water: handle any used dishes, cups/glasses, or silverware with gloves
- Wash them with soap and hot water or in a dishwasher
- Clean hands after taking off gloves or handling used items

Trash

- Dedicated, lined trash bin: if possible, dedicate a trash bin for the person who is sick
- Use disposable gloves when removing garbage bags, handling and disposing of trash
- Wash hands afterwards



EPA Approved Common Disinfectants and Website Link:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

- All products on this list meet EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19.
- Instructions for how to use the list to search for products are available on the home page linked above. .
- When using an EPA-registered disinfectant, follow the label guidelines for safe, effective use.
- Make sure to follow the contact time, which is the amount of time the surface should be visibly wet, listed in the link above.
- These products are for use on surfaces, NOT HUMANS.
- Some popular brand names include:
 - Lysol, Barbicide, Clorox





Researchers are still learning how the virus affects animals. Treat your pets as you would other family members to protect them from possible infection.

- Do not let pets interact with people or other animals outside the household.
- Keep cats indoors when possible to prevent them from interacting with other animals or people.
- Walk dogs on a leash maintaining 6 feet from other people and dogs.
- Avoid dog parks or public places where a large number of people and dogs gather.



People sick with COVID-19 should avoid contact with pets and other animals.

- When possible, have another member of your household care for your pets while you are sick.
- Avoid contact with your pet including petting, snuggling, being kissed or licked, and sharing food or bedding.
- Be aware that children 5 years of age and younger, people with weakened immune systems, and people 65 years of age and older are more likely to get sick from germs some animals can carry



- However you get your groceries by going to the store or doing curbside pickup, you will still want to handle them carefully when you get home.
- At the very least everyone should wash their hands after unpacking and putting away their groceries.
- You can also wipe or wash cans and boxes of food before storing them or throw away any disposable packaging.
- When you are done disinfect any countertops or surfaces that came in contact your groceries or grocery bags.
- Then wash your hands again.
- If you use cloth reusable bags at the grocery store wash them with soap and water in the laundry machine and dry them thoroughly before reusing them.



- If you or someone you know are at a higher risk of severe illness from COVID-19 you can use the sterile technique recommended by Dr. Jeffrey VanWingen.
- Dr. VanWingen says if possible, you can leave your groceries in your garage or porch for at least 72 hours.
- If this is not possible, he suggested using a sterile technique like what surgeons do before they go into the operating room.
- His videos are available for free on youtube.



- Grocery/package handling video by Dr. Jeffrey VanWingen (3/24/2020): <https://www.youtube.com/watch?feature=youtu.be&v=sjDuwc9KBps&app=desktop> (3/24/2020)
- Updated grocery video by Dr. Jeffrey VanWingen (4/1/20): https://www.youtube.com/watch?v=zmoBl5m2_uw
- Sanitizing foods (3/26/2020): <https://www.youtube.com/watch?v=sjDuwc9KBps&feature=youtu.be&fbclid=IwAR2cLMrL-HLiah8y9znCT8-i-JXh4rriWyr2QPUEUCONw683o8q3gkpUAPI>
- Medically reviewed article by Everyday Health (3/31/20): <https://www.everydayhealth.com/coronavirus/food-safety-and-covid-19-a-guide-for-handling-groceries-and-takeout/>
- UNICEF healthy eating tips: <https://www.unicef.org/coronavirus/easy-affordable-and-healthy-eating-tips-during-coronavirus-disease-covid-19-outbreak>



- Suffolk County Information Line (dedicated coronavirus/COVID-19 resources): 311
- Stony Brook Medicine Coronavirus Information
- General Hotline: (631) 638-1320
- Pregnancy Hotline: (631) 444-8940
- Have symptoms? Free COVID-19 testing (by appointment only): 888-364-3065
- For social service agencies in your area: Call 211 or visit 211li.org/cms
- Food, paying housing bills, COVID-19 screening tool (in multiple languages)
- National Domestic Violence Hotline: 800-799-7233
- Child Abuse: Emergency Child Care Services for Essential Workers from SCOPE: 311 or visit scopeonline.us/scope-emergency-child-care
- Filing for Medicaid: 855-355-5777/New York State of Health or 800-541-2831/Medicaid Helpline
- DSS Sanctions: (631) 853-3664



Mental Health Services

- DASH (Family Service League's Diagnostic, Assessment and Stabilization Hub): (631) 952-3333
- New York State Hope Line (addiction): 877-846-7369; text 467369 (24/7)
- National Suicide Prevention Lifeline: 800-273-8255 (24/7)
- SAMHSA (Substance Abuse and Mental Health Services Administration): 800-662-4357 (24/7, English and Spanish)
- Office of Mental Health Free Emotional Support Line: 844-863-9314



Food Assistance

- SNAP (Supplemental Nutrition Assistance Program):
myBenefits.ny.gov
- WIC (Special Supplemental Nutrition Program for Women, Infants, and Children): Call (631) 444-5239 or visit [stonybrookmedicine/wic](https://stonybrookmedicine.com/wic)
- Island Harvest: islandharvest.org/find-help/find-a-food-pantry/
For emergency aid, email emergencyresponse@licares.org or call (631) 582-3663.
- Long Island Cares/The Harry Chapin Food Bank: licares.org/find-help/food-locator/



Financial Assistance

- Free or Low-Cost WiFi (for qualifying individuals): 800-SAFELINK (800-723-3546)
- HEAP (for assistance paying energy bills): (631) 853-8820
- Mortgage Assistance: 888-342-3736

Housing

- Illegal Evictions: Call 911 and show the police officer identification, lease or public utility bill with your name and address. If you are unable to get back into your apartment, you should contact the court system at 833-503-0447.



Where to buy disinfectants, alcohol or hand sanitizer?

- Look on magazine websites or unlikely manufacturers like beauty companies
- <https://nymag.com/strategist/article/where-to-buy-hand-sanitizer.html>
 - This is a link to NY magazine which compiled a list of places to buy hand sanitizer
- <https://www.gq.com/story/where-to-buy-hand-sanitizer-right-now>
 - Similarly here is a link from GQ magazine
- <https://www.expressmed.com/department/first-aid/wound-care-prep/rubbing-alcohol.html>
 - This medical supply website sells rubbing alcohol.
- It looks like many suppliers of disinfectants are no longer allowing online purchases. Try to call local hardware stores, home ware stores or department stores to see if they have current stock.
- If you cannot find disinfectants available to purchase you can use bleach and follow manufacturers instructions and mix it with water.



What would you use to wipe down groceries if you choose to do so?

- You can wash or wipe cans, bottles or outside containers with the same disinfectant you would use on hard surfaces.
- If you do not want to waste disinfectant, you can throw away outer packaging like cereal boxes and store cereal in the bag.
- Do not use soap and water, disinfectant, bleach or rubbing alcohol on any food product that you would ingest/eat directly.
 - For example fruits and vegetables should only be rinsed with water.



Should we be wiping down desks, computers, and phones we share with coworker?

- <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>
 - Here is a link for a tool created by the CDC to decide which items to disinfect
- As recommended clean indoor areas that have been occupied within the last 7 days and is a frequently touched object or surface.
- Wipe down desks, computers, phones and any shared items frequently.



For library books how long should they be kept at the library in isolation before recirculating/letting others take them out?

- <http://www.ala.org/alcts/preservationweek/resources/pandemic>
- <https://www.nedcc.org/free-resources/preservation-leaflets/3.-emergency-management/3.5-disinfecting-books>
 - Linked on the ALA website, here is recommendations from the Northeast Document Conservation Center stating that libraries should exercise caution although the COVID-19 virus may not spread readily from surfaces.
 - For paper surfaces they recommend waiting at least 24 hours before recirculating.
 - COVID-19 may be able to exist on plastic for 3-7 days, so they recommend a longer period of time for books with plastic. However, none of their sources for how long COVID-19 lasts on surfaces is peer reviewed. So they recommend to follow with caution.
 - They do not recommend using liquid disinfectants on paper-based products as it may damage the books.



Please complete this post-webinar survey:
https://stonybrookuniversity.co1.qualtrics.com/jfe/form/SV_88FIV9hobe6cBud



If you are a librarian interesting in continuing education unit credit for participating in this webinar, please contact Gabriella Pandolfelli at healthy_libraries_program@stonybrookmedicine.edu to request a certificate.



Resources:

Cleaning And Disinfecting Your Home. (2020, May 27). Retrieved June 09, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Coronavirus Disease 2019 (COVID-19). (n.d.). Retrieved June 09, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Millard, B. (n.d.). Food Container Safety and COVID-19: Everyday Health. Retrieved June 09, 2020, from <https://www.everydayhealth.com/coronavirus/food-safety-and-covid-19-a-guide-for-handling-groceries-and-takeout/>

Radcliffe, S. (2020, April 17). How to Decontaminate Groceries During the COVID-19 Outbreak. Retrieved June 09, 2020, from <https://www.healthline.com/health-news/worried-about-contaminated-groceries-how-to-be-safe>

Stress and Coping. (2020, May 14). Retrieved June 09, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

“Symptoms & Testing.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 13 Mar. 2020, www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html. “Prevent Getting Sick.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 8 Apr. 2020, www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html.