

COVID-19 cleaning tips from UNMC

(KLZA)-- Now that it has been determined the COVID-19 virus can live for a period of time on various surfaces, the University of Nebraska Medical Center has released a number of suggestions on how you can keep your personal space safe.

Beth Beam, PHD. with the University of Nebraska Medical Center College of Nursing says the virus can last anywhere from three to 72 hours on a surface, but noted it is small and fragile.

Dr. Beam has suggestions on areas you need to focus on cleaning. She said high touch areas such as the remote for the television, handles on the microwave, and refrigerator are important to keep clean. You need to clean the area first and then disinfect.

Chances are you have the stuff in your house to help clean the areas where the virus can live. Typical household cleaners that are on the EPA list for coronavirus are Lysol and Clorox. You can also use household bleach or 70 percent alcohol solutions. With the bleach solution the ration is a third cup of bleach per gallon of water or four teaspoons with a quart of water.

Another area of concern has been what to do with packages you receive, making sure they are safe to handle. Dr. Beam suggests placing the package away from where people might interact with it and let it sit for two-three days and by then it should be safe to open.

Dr. Beam feels its likely the contents inside the package will not be infected with the coronavirus.

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