

How to Clean Your Room, Apartment or Suite for COVID-19 Virus

To help reduce the chance of spreading the COVID-19 virus, the CDC recommends frequent cleaning of commonly touched surfaces in your shared rooms (i.e. keyboards, remotes, counters, bathrooms, desk, utensils, micro-fridges, etc)

Q: What Cleaner or Disinfectant Should I Use:

A: Many commercially available household cleaning and disinfecting products are adequate to kill bacteria and viruses, including, Lysol, Mr. Clean, Pine Sol, Windex, or Clorox cleaners and disinfectants. A list of products with an Environmental Protection Agency (EPA)-approved for emerging viral pathogens is available at Novel Coronavirus (COVID-19) Fighting Products (<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>)

All cleaners and disinfectants must be used in accordance with the directions on the product label

Q: What cleaner is Rutgers using in common spaces in dormitory and apartments common spaces?

A: Rutgers is using a disinfectant that will also adequately kill the virus in accordance with its labeling.

Q: How should I clean my clothes and dishes?

A: Wash sheets, towels, and other linens using household laundry detergent and dry on a hot setting. Eating utensils should be washed either in a dishwasher or by hand with soap and water. Linens, eating utensils, and dishes belonging to those with flu-like illness do not need to be cleaned separately, but these items should not be shared without washing thoroughly first.

Q: How do I dispose of trash:

A: Use lined trash can. Place used disposable gloves, facemasks, and other contaminated items in a lined trash can. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

Q: How else can I protect myself?

A: Cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue in the trash. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Wash your hands frequently with soap and water for at least 20 seconds or use alcohol-based hand sanitizers that contain at least 60% alcohol, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.

Avoid touching your eyes, nose or mouth.

Avoid contact with individuals who have flu-like symptoms. COVID-19 and flu are spread from person to person by coughing and sneezing and by touching contaminated surfaces.

If you get sick, stay home or in your room and limit contact with others to avoid infecting them.

Q: If I do not feel well or have other questions, who should I contact?

A: For medical concerns, please contact your respective Student Health Office at:

Rutgers University – New Brunswick	848-932-7402
Rutgers University – Camden	856-225-6005
Rutgers University – Newark	973-353-5231
RBHS - Camden/Stratford	856-566-6825
RBHS - Newark	973-972-8219
RBHS - New Brunswick/Piscataway	732-235-8993

Q: Where can I find additional information regarding responses or updates for our Nation, State, and/or Rutgers?

A: Please regularly check the Rutgers CoVOID-19 website for updates at:
<https://academichealth.rutgers.edu/coronavirus>

or the NJ Department of Health or CDC COVID-19 websites:
NJ DOH: Communicable Disease Service
<https://www.nj.gov/health/cd/topics/ncov.shtml>

Center for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>