



Reynolds Health Strategies

## COVID-19, Surface and Disinfection for Syringe Service Providers and Other Harm Reduction Providers

COVID-19 mainly passes from direct contact of person-to-person. The most common way that COVID-19 is spread is when someone who is infected with it sneezes or coughs and infected droplets come into contact with someone else.

Indirect contact, such as transmission from surfaces to people may also transmit COVID-19 infection. We're working under the principle of "it's better to be safe than sorry" here: The idea is that you put your hand down on a table that has the virus on it, then rub your eyes or nose, transferring the virus into your body. This is why washing your hands is so important, but it is equally important to keep surfaces clean and disinfected regularly.

### Disinfecting Surfaces: Step by Step<sup>1</sup>

To reduce your chance of catching COVID-19, you should clean and disinfect surfaces as best you can. Take a look around and see what objects come into contact with hands a lot, especially:

<b>DOORKNOBS</b>	<b>SINKS</b>
<b>LIGHT SWITCHES</b>	<b>FAUCETS</b>
<b>TABLES</b>	<b>TOILETS / FLUSH LEVER</b>
<b>COUNTERTOPS</b>	<b>PHONES</b>

Syringe service programs, both fixed and mobile sites, may have other unique needs for cleaning and disinfecting, including, but not limited to:

<b>CAR/VAN DOOR HANDLES</b>	<b>FOLDING TABLES AND CHAIRS</b>
<b>WINDOWS AND DOORS</b>	<b>CARDBOARD BOXES</b>
<b>BIOHAZARD BINS</b>	<b>TABLETS</b>
<b>PLASTIC BINS (THAT CARRY SUPPLIES)</b>	<b>CLIPBOARDS</b>

Do an inventory of the items you bring out to your SSP sites, and create a checklist to make sure you wipe everything down with the proper disinfectant. Handle these materials with latex gloves for an added layer of protection.

<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

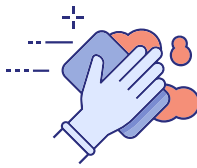
Washing your hands and wiping these items down with microbicide wipes that are approved to use against COVID-19 is a great way to minimize your chances of coming into contact with the virus.

### Take the following steps to ensure you do it correctly:



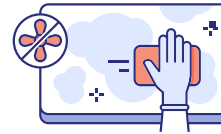
#### **STEP 1: PROTECT YOURSELF**

Wear disposable gloves if you have them.



#### **STEP 2 PRE-CLEAN**

If something you want to disinfect is physically dirty—lots of dust, food stains, or other stuff on it—wipe it down first with some soap and water to remove the excess dirt. Let it dry naturally or use a separate towel to dry it off.



















#### **STEP 3 DISINFECT**

Use the disinfectant of your choice to wipe off the surface. Make sure you cover it all and the entire surface looks wet with the disinfectant. Let the disinfectant dry naturally: Don't wipe it with a towel to speed up the drying process.

### Other Disinfecting Tips:

- To kill the virus, have to follow the instructions on the cleaning product very carefully. Take a look at the label and look for “contact time” or “dwell time.” As a rule of thumb, just let the cleaning product dry naturally in the air with time. If it dries before the recommended time, wipe it down again and get it wet until you reach that time. For example, if the product you're using is supposed to stay wet for 5 minutes, and after 3 minutes it's looking dry, wipe it down again. Don't dry it manually with towels or paper towels to make it dry it quicker.<sup>2</sup>
- Make sure you're using the right cleaning product for the right material. Check out the label on the bottle for “use sites” and make sure it fits. Check out the chart below to match the surface with the right material<sup>3</sup>:

<sup>2</sup> <http://npic.orst.edu/ingred/ptype/amicrob/covid19.html>  
<sup>3</sup> <http://npic.orst.edu/ingred/ptype/amicrob/covid19.html>

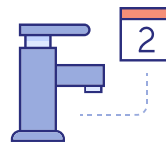
Porous	Semi-Porous	Non-Porous
 CARPETS	 WOOD	 METAL
 CLOTHES	 DRYWALL	 GLASS
 FABRICS	 TILE GROUT	 SOME SEALED COUNTER-TOPS
 BEDDING & PILLOWS	 HARDWOOD FLOOR	 SOME TILES
 MATTRESSES	 LINOLEUM	
 UPHOLSTERED FURNITURE	 CONCRETE	
 LEATHER		

### How Long Does COVID-19 Lives on Surfaces?

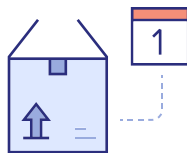
We are still learning about COVID-19 on surfaces, but we do know a lot about other coronaviruses (the family of viruses that include COVID-19) and how long they survive. Here is a list of how long they live on selected surfaces<sup>4</sup>:



**PLASTIC**  
UP TO 3 DAYS (72 HOURS)



**STAINLESS STEEL**  
UP TO 2 DAYS (48 HOURS)



**CARDBOARD**  
UP TO 1 DAY (24 HOURS)

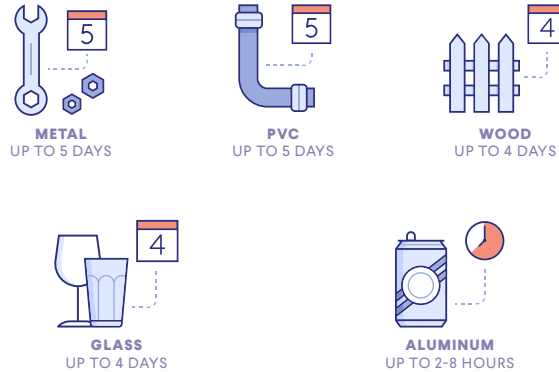


**COPPER**  
UP TO 4 HOURS

4 <https://www.nejm.org/doi/pdf/10.1056/NEJMc2004973?articleTools=true>

## How Long Do Other Coronaviruses Live on Surfaces?

We can use our knowledge of other coronaviruses to make educated guesses about COVID-19 might live on surfaces. The following surfaces have been studied for other coronaviruses, but not for COVID-19<sup>5</sup>:



## What Kills COVID-19?

There are over 15 pages of products that can kill coronaviruses, including COVID-19 listed on the EPA website. A lot of them aren't available to the general public, but are only used in hospitals, clinics, or residential homes. The EPA list is a lot to go through and can be a little confusing to work with, so we wanted to do the work for you and give a list of products that can be bought at grocery and convenience stores that are known to disinfect and kill COVID-19. There are lots of products out there, and these are just a select few. We do not endorse one brand over another.

### LYSOL™

#### Disinfectant Sprays

- Lysol Disinfectant Spray™
- Lysol Disinfectant Spray Max Cover Mist™
- Lysol Disinfectant Spray Neutra Air 2-in-1™

#### Disinfecting Wipes

- Lysol Disinfecting Wipe™

#### Multi-Purpose Cleaners

- Lysol All Purpose Cleaner™
- Lysol Multi-Purpose Cleaner with Hydrogen Peroxide™
- Lysol Multi-Purpose Cleaner with Bleach™
- Lysol Kitchen Pro Antibacterial Cleaner™
- Lysol Multi-Surface Cleaner Pourable™
- Lysol SMART Multi-Purpose Cleaner™

### CLOROX

#### Disinfectant Sprays

- Clorox Clean-Up™ Cleaner+Bleach™
- Clorox Bleach Foamer™
- Clorox Disinfecting Bathroom Bleach-Free Cleaner™
- Clorox Disinfecting Bathroom Cleaner™
- Clorox Scentiva Bathroom Disinfecting Foamer™

#### Disinfecting Wipes

- Clorox Disinfecting Wipes™

#### Disinfecting Bleach

- Clorox Disinfecting Bleach™

### ALCOHOL-BASED CLEANERS

Any alcohol-based solutions in sprays or wipes that has at least 70% alcohol in it can be used to disinfect surfaces of COVID-19. This includes common rubbing alcohol: Look on the label for "isopropyl alcohol 70." Don't dilute it with water and let it sit on the surface for at least 30 seconds. For other alcohol-based cleaners, follow the instructions on the label.

#### A quick note to avoid confusion:

For hands, you can use an alcohol-based hand sanitizer that has 60% alcohol in it, but for surfaces, it needs to be 70% or greater.

For more information on cleaning and disinfecting against COVID-19, check out the CDC's website:

For households and individuals:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

For community-based organizations:

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

For both households/individuals and community-based organizations:

<http://npic.orst.edu/ingred/ptype/amicrob/covid19.html>

[https://preventepidemics.org/wp-content/uploads/2020/03/RTSL\\_Covid\\_PracticalTips\\_v5.pdf](https://preventepidemics.org/wp-content/uploads/2020/03/RTSL_Covid_PracticalTips_v5.pdf)