# How To Prevent Coronavirus At Home

# A Special Report From Enis Cleaning

Because of all the outbreaks reported on the news you may be concerned about getting Coronavirus,

Coronavirus is a possible life-threatening virus that cause conditions like the common cold MERS SARS and other respiratory conditions.   Coronavirus can be serious and taking preventative measures will help you protect your health in public and at home. If you think you have the virus you should contact your doctor immediately.

How to protect against Coronavirus?

Health officials recommend Washing your hands with soap and water.   This will help minimize your infection risk. The best way to prevent Coronavirus is to wash your hands as often as possible.     Wet your hands with warm water then take some hand soap and rub the soap into a lather for 20 to 30 seconds then rinse your hands clean under warm running water.

Always wash your hands when you eat or drink anything

Give your hands a good wash before you start to prepare food or if you are going to handle cooking utensils before prepping a meal.   It is also good   to wash your hands anytime you're in public or after you're around someone you think may be sick.

Keep your hands away from your face nose eyes and mouth

You might come into contact with the corona virus on a surface like a table or doorknob when this happens the germs can   hang around on your hands and you can easily infect yourself if you touch your face.   Try to avoid touching your mouth nose and eyes.   If the virus is on your skin you will not know it so   if you need to touch your face wash your hands first and you're less likely to infect yourself.

Stay away from people who are coughing or sneezing

Coughing and sneezing are symptoms of illness and coughing and sneezing both release the virus into the air so it can increase your risk of infection.   Keep your distance from people who appear to be coughing and sneezing. You may want to verbally ask the person if they are sick and request to please keep a distance.     You could also mention that you noticed they were coughing, tell them that you hope they feel better and to please keep a distance so not to spread any illness.

Disinfect high traffic surfaces daily using a product that kills viruses

Corona virus can linger on surfaces such as doorknobs counters and sinks use a spray disinfectant or bleach wipes to clean these surfaces daily.   Make sure the surface stays wet for about 10 minutes so it has time to kill the virus

Wear a disposable face mask

Since Coronavirus spreads through the air it's possible to breathe it in cover your nose and mouth with a disposable face mask to limit your risk of contracting the virus

You can use household cleaning products to prevent germs and bacteria from accumulating in your home. certain detergents and cleaning products can help you stay sanitary.   You can also hire a professional cleaning service in your area to sanitize your home or if you already have only one request that they use products that eliminate bacteria both in the air and on the floors.

Thank you for reading this special report from Enis Cleaning Company we can be reached in Boston at 617-767-3120   Please see our website at www.eniscleaning.com   thank you and stay clean!