

Cleaning and Disinfecting for COVID-19

Dikos Ndsaa'í Nałnih COVID-19 Bits'ah t'áá doolé'é da ji t'óód dóo bee t'áá há gis azee' bił ałtah Ádaal yah ígí choo'í gi

What is novel coronavirus (COVID-19)? Ha'át'íí' Oólyé COVID-19 (Náhát'éí ts'áadah) Dooda go Ániidí Coronavirus da?

Dikos ndtsaahígí' ajéi yilzólíi yaa nát'íí'go yilnih Níłch'itsoh 2019 yihah dáá'áłtsé Bi'éé'łichí'ii –China di yił nih go ha deel íí'go' óolyé.

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. The virus originated in China but is currently spreading in the United States and other countries. Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

Ánidí dáá' Coronavirus (COVID-19) wolyéhígíi dikos ndtsaa hígíi á't'éego yił nih bíla'ashdla'ii ła' ayóí bi dadil nahgo yił nih kóó. Bi'éé'łichí'ii –China di bi tah di' áłtsé naał nih go ha deelíi' k'ad ashdla diin kéyah ał hidii dzoh ígíi (United States) bii'di dóo díkwíishíi kéyah tó hónáani di bi tah níłnii'. Ndi ła' bíla'ashdla'ii bi da dil nahgo doo ts'ída yéego bee bi ch'í' nida hwiil náada ha'ni ázee' aah álíijí yii' da hóó' ínígíi 'áda níigo' ła' naazí yéego nał nih bida dil na'go dikos ndtsaahígíi beł t'éego baa déi ní t'íih ałdó'.

Why should I wipe down surfaces?

Ha'á't'íih biniyé' éi t'áá doolé'é bikáá' góo dash t'ood doo?

Current evidence suggests that novel coronavirus can remain on surfaces for hours to days. **Cleaning** surfaces by removing dirt first and then **disinfecting** using a product to kill germs on surfaces can help prevent the spread of novel coronavirus.

Díijíi di bée hózinígo Dikos Ndsaa'í Nałnih ał héé' iil keed dóo yolkał t'áá doolé'é da bikáá'gi ół dijł go 'át'é. Áko t'áá dool é'é da bikáá' góo jit'ood go, léézh dóo t'áádoolé'é bizéi áłtsé nahgóo kójił íih áádóo índá bee táá há gisí azee bił ałtah ádaal yaah ígíi nał nih neil tséed ígíi bee t'áá dool é'é da bikáá' góo náá hoji t'o'.

Steps for cleaning and disinfecting:

Kót'áo shíih hoji t'ood dóo bee táá há gisí azee bił ałtah ádaal yahígíi choo'í:

1. **Clean surfaces** using a detergent or soap and water. Removing visible dirt and debris will help disinfecting products work better.

Tó dóó tálá wosh t'áá dool'é dabikáá' góó bee jit'ood doo. Ałtsé łeezh dóó bizéíí nah góó kóyaa go bee táá da ha gisí azee bił da' ałtah ígíí náá jí t'o' áko bí déél íłh.

2. **Disinfect surfaces** using a diluted bleach solution, an alcohol solution of at least 70% alcohol, or an EPA-registered household disinfectant or an EPA approved product effective against COVID-19. Follow all directions on the bottle as each disinfectant will have their own instructions.

Bee' iil gáhá bił da' ii gisí choo'ıı gi 'éí tó bił ałtah go' ályaa go chiiz doł ıł; doo dago' éí EPA dęé' bee táá da há gisí azee bił da' ałtah ádaal yaahígíí díí Dikos Ndsaa'ı Nal nih neıł tséed doo hıgıı chii doo' ıł. Bik'ehgo chii doo'ıłgi t'ááłá'ı ní'á nígo t'áá bídash jée' leh éí bik'ehgo' chiizh doł ıł.

3. **NEVER** mix products together. Tsídá bee táá da ha gisí díkwıı dęé' ał hih óóziid lá go.

- o To make a bleach solution, mix:

- o Bee' iil gáhá tó bił ałtah ájıléeł gi:

- 1/3rd cup of bleach (5 tablespoons) to 1 gallon of water OR

- Ashdla' béesh adee' ndtsaa'hígıı yikáłgo t'ááłá'ı galóón tó ha giz bił ałtah ályaa doo dóó náána

- 4 teaspoons bleach to 1 quart of water

- Galóón haagiz ałníı' áníł tsóo hígıı díı' béesh adee' yázhı yikáł go tó' bił ałtah ázh doolııł.

4. **Pay close attention** to all frequently touched surfaces, such as, countertops, tables, and bathroom fixtures. Frequently touched objects such as, light switches, key pans, pens, remotes, and door handles, and frequently touched personal items, such as, phones, computer keyboards, tablets, and water bottles.

Hazhó'ó baa'áko nínizin díí t'áá' ał háąłh bída' dí nih góó t'áá dool'é da bikáá' góó, bikáá' adání bikáá' góó dóó yah ání da' al dah góó da. T'áá' ał háąłh bí'dı níih góó bee ní' da' diil t'ı'ı, bee' aanı dí t'ıhı ní nájiıh góó da, bee nida' adzoóh da, béesh łichı'ıı bee déı yı jeehı bee nidaa gızı, dóó dáádıl kał bee' ąą' á ní daal ıłhı, dóó t'áá hó t'áá' ałahjı' yıłá chi yoł ínıgıı shıı

béesh bee da hane'é, béesh nitsékees ál yaahígíí ndtsaa dóó' áłts'íísígíí, índá tó bi zis da.

5. **Wash your hands** after cleaning and disinfecting using warm water and soap for at least 20 seconds. If soap and water are unavailable, use a hand sanitizer containing at least 60% or more alcohol.

Tó siziíłigo nila' bee tá níná ní gis t'aadol'é'é bikáá' góó nání t'o' goo dooda go yí lá bee táá' da gis azee bił áłtah ályaa hígíí da chii níł í.

What about cloth or fabric items?

Nidi k'ą' dóó' naa'á t'ą' hí bee' ál daal yaa'ígí shą'?

Fabric items like, clothing, towels, bed sheets, and rugs, can be cleaned in a similar way. First, remove any dirt and debris. Do not shake items as this may cause any infectious particles to be released into the air. Then, wash items according to the manufacturer's directions. If possible, use warm water and dry completely. Make sure to wash your hands immediately after handling these items.

Naa' at'áhi bee'é daal yaahígíí jó' éé' da, bee'é dí t'oodí, tsas k'eh bik'í ní daal tihí dóó ni' góó naazkáádígíí da' áldó' t'áadoo yéego da ji ghádí t'ó łeezh dóó bízéíí nah góó hazhó'ó kó yaa doo. Ji gháad go' éí díí áyisíí ni dał nih yee hiná ndi háájí' da níłch'ih bii'jì' dooł eeł. Índá bik'eh go doo gisígíí t'áá bí daash jée' łeh éí bik'ehgo' ázh doolííł. Tó sidóhó bee ji doo gis dóó yéego nízh doł tsiih. Bikáe dóó tsxił go hála' tá nááz doh gis díí chxin ni jizh jaa' ígíí binii naa.

Visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> for the Environmental Protection Agency's (EPA) list of approved products effective against novel coronavirus.

Kwii béesh łichí'ii nitsékes ál yaa hígíí nihi ch'ì' ąą' á t'é <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> kwii' bee táá da ha gisí chii díłł ígíí bízhi' da bikáá' díí' éí dikos ndtsaa'í nał nih ígíí neil tséed.

The New Mexico Department of Health is the lead agency for the statewide coronavirus response. Community members are encouraged to visit <https://cv.nmhealth.org> or call (833)-551-0518 for general questions.

The New Mexico Department of Health éí aláájì' bó hól níihgo' baah niil yá kwii Yootó Ndtsaago Hahoodzohgi díí Dikos Ndtsaá'í naal niih bi'oonishgi. Ákóó nihi tahgóó kwii béesh hichi'ii nitsé kes ályaa hígíí nihich'ì' áá'át'é: <https://cv.nmhealth.org> áádóó koji' béesh bee hołne' doo na'idół kid go (833) 551-0518.

Anyone experiencing symptoms of COVID-19, such as, fever, cough, or shortness of breath should call the NM Department of Health at (855) 600-3453 for guidance.

Ła' soozì Dikos Ndtsaá'í COVID—19 nihi dool na' go ni hi tah hodí nóógah, doł kos doo dóó nihi yol bi'oh ná dleeh doo t'áá' áko NM Department of Health jì' hodoł nih (855) 600-3453.