

COVID-19 SAFETY PLAN MVST CUDAS 2021 SEASON

Background

The following document provides guidance on running the MVST Cudas 2021 Season and is based on the minimum standards that must be achieved to operate a swim team in accordance with physical distancing and sanitation protocol defined in the current

Alameda County Public Health Department (ACPHD) Order of the Health Officer effective February 26, 2021. The guidelines utilized also align with the CDC Interim Guidance for Child Care Program and Reopening created by the American Camp Association. All Fremont teams should comply with these guidelines to operate. These guidelines are subject to change based on changes in local, state and federal direction related to COVID-19.

Definitions

Alameda County Public Health Department (ACPHD): The county health department role is to protect the health and safety of the County residents. The backbone of Public Health includes assessments of the health status of residents, disease prevention and control, community mobilization and outreach, policy development, education, and assurance of access to quality medical and health care services.

Swim team : foster children's emotional, social, physical, and creative growth through various interactive activities and relationships with role model leaders. The swim team usually occurs during April 1 through the end of July.

Coach: Coach that is hired by the MVST Swim Team to provide swim instruction to the swimmers and oversees operation of the practice while swimmers are in attendance.

Swim Team Director: An informal title given to the MVST Board member that leads a specific season and oversees all operations and coaches assigned to that pod. For the MVST Summer Swim league, the MVST Swim Team Co-Presidents will fulfill this role.

Swim Group: A unit of coach to swimmer ratio of 2:12. Swim Groups will not intermingle with other Swim Groups at the same site. The Swim Group idea is in alignment with the “stable bubble” mandate released by the ACPHD for children in camp or extracurricular programs.

Center for Disease Control (CDC): A U.S. federal government agency whose mission is to protect public health by preventing and controlling disease, injury, and disability. It keeps track of health trends, tries to find the cause of health problems and outbreaks of disease, and responds to new public health threats. The CDC works with state health departments and other organizations throughout the country and the world to help prevent and control disease.

Cleaning: refers to removing germs, dust, debris and dirt from a surface by scrubbing, washing

and rinsing. Cleaning works by using soap and water to physically remove germs, dust, debris and dirt from surfaces. This process does not necessarily kill these germs etc., but by removing them, it lowers their numbers and the risk of spreading infection. This is best described to the coaches as a soap and water solution to be used on surfaces after they are disinfected with chemicals. This is a best practice to avoid harsh chemical residue on surfaces after disinfecting. Depending on the soap and water solution, it may require Safety Data Sheets (SDS) to be on site for this Solution.

Disinfecting: refers to using chemicals to kill germs on objects or surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection. This is best described as a bleach/water ratio solution where protective PPE must be worn. CDC states a disinfecting solution is mixing five tablespoons (1/3rd cup) bleach per one gallon of water.

First Aid/Covid-19 Supplies: All swim team activity will occur on site at Mission Valley Swim Club. A First Aid kit is maintained on site for minor injuries. An additional container will be maintained on site stocked with Covid-19 supplies: PPE and hand sanitizer for coaches and swimmers. The Swim Team Director will be responsible to complete inventories and keep the container appropriately stocked.

Floater: Refers to a parent volunteer that floats between the Swim Groups to assist with supervision, check-in/check-out, etc. The floater must always maintain at least six feet of distance with all other coaches and swimmers to avoid cross contamination.

PPE (Personal Protective Equipment): includes, but is not limited to, face shields, gloves, goggles, face covers, paper gowns, and masks.

Summer Swim Team Training: training that is mandatory for all coaches working the summer Swim Team program. All aspects of swimmer management will be covered as well as COVID-19 care and treatment guidelines.

Isolation Area: This will be a separate room or space where a swimmer or coach can be isolated should they fall ill suddenly. When a coach or volunteer is supervising a swimmer waiting for parent pick-up, the coach or volunteer must wear appropriate PPE.

Safety Data Sheet: a Safety Data Sheet (formerly called Material Safety Data Sheet) is a detailed informational document prepared by the manufacturer or importer of a hazardous chemical. It describes the physical and chemical properties of the product as well as clean-up procedures, concerned exposures and first aid protocols.

Sanitizing: reduces bacteria identified on the products label on surfaces and in laundry. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Facility Requirements

Coaches must assess facilities to ensure that swim team activities can be conducted with necessary physical distancing prescribed by the Alameda County Public Health Department protocols for Childcare. The following requirements must be met for both indoor and outdoor teams.

- Check-in/check-out area is sufficiently spaced and marked so that participants and parents/guardians can line up six feet apart. This will be done outdoors.
Check-in/check-out will be in pre-designated spaces for each Swim Group of swimmers, no more than twelve per location while maintaining a six foot gap between each household cluster waiting to check-in.
 - Check-in area is located outside the front gate with numbered spots distanced six feet apart.
 - Check-out area is located behind the kitchen area, marked with numbers on the deck. Each spot is six feet or more apart.
- Restroom is accessible during all team hours and is regulated to ensure that only one person per stall is inside the restroom facility. Because of the short duration of the team sessions (50 minutes or less) for each Swim Group, it is expected that the use of the bathroom facilities will be limited. If the restroom facility is used by a swimmer, it will be cleaned prior to the next Swim Group. Restroom facilities will be cleaned prior to and after each practice day.
- A hand hygiene station will be accessible during team operational hours and to be used by coaches after each transition of activity (e.g. between each Swim Group).
- An isolation area must be established to keep participants or coaches that develop symptoms during practice away from others. This is pre-designated as an area located in the shade near the back exit to the pool. The secondary isolation area is located in the same area as the primary but 12 or more feet away.
- Signage area placed at the entrance visible by coach and participants. Additional signage throughout the center such as handwashing procedures in the restroom.
- Each Swim Group of 12 children or less will be separated from other Swim Groups by separate practice times, with a ten minute buffer in between. The participants in a Swim Group must remain with that Swim Group each practice day and cannot be moved from one Swim Group to another.

Team Registration

Registration for the MVST Cudas 2021 Season will be handled online via the swim team's Swimtopia site. All participants were required to acknowledge the Practice Procedures outlined in Appendix A.

Check-In / Check-Out Procedures

An area for check-in and check-out of swim team participants has been identified and a process to ensure that all participants and coaches are able to practice physical distancing is in place. Coaches and participants must conduct a health screening prior to arriving on site, and a secondary screening must be conducted during check-in.

- Clearly visible signage must advise participants that they should: avoid entering the facility if they have a cough or fever; wear facial coverings; maintain a minimum of six foot distance from one another; and not engage in any unnecessary physical contact.
- Prior to arriving to the club, coaches, participants and volunteers must perform a self-conducted health screening by ensuring that they do not have symptoms that the CDC has indicated are [symptoms of COVID-19](#) (e.g. fever, cough, shortness of breath, headache, sore throat, etc)
- Upon arrival, coaches must receive a health screening which includes taking their temperature with a no contact thermometer. Coaches must not have a temperature of 100.4°F or higher and must be asked to confirm that they do not have any of the symptoms that the CDC has indicated are [symptoms of COVID-19](#). Coaches will not be recording temperatures per guidance and concerns over HIPPA.
- Check-in time and location are staggered to ensure that no more than 12 participants are checking in at the same time or location. Check-in area is marked to indicate 6 feet of separation between every participant/parent.
- A non-contact thermometer will be available for health screening.
- Coaches conducting the health screening must wear a facial covering during the screening.
- Coaches must wear disposable approved gloves. The same gloves may be used to conduct all health-screening checks provided this task is uninterrupted as long as no other surfaces were touched for the duration of the health-screening process.
- If a participant has a temperature of 100.4°F or higher there will be an allowable grace period (up to five minutes) where the swimmer can wait with their parent/guardian in a designated waiting area away from others checking in for practice, while they wait to take their second temperature test. This guideline recognizes that temperatures can rise quickly if the swimmer was running to the facility excited, wearing a hat, or drinking a hot drink. If after the second test, they still test 100.4°F or higher, the swimmer will need to leave the area immediately for the remainder of the day. Coaches must also disinfect all surfaces and areas that the dismissed swimmer may have touched. If the swimmer has a temperature of 100.4°F or higher, a new pair of gloves is required, and the non-contact thermometer should be disinfected and sanitized before additional participants are checked.
- If a parent/guardians wants to check-out their child, they will remain six feet distanced apart and notify the coach at the check-out area.

Social Distance Strategies

- Social distancing strategies will follow the ACPHD guidelines. The ACPHD recognizes that it will be difficult for children to physically distance from one another and youth activities can limit the possibility of staying 6 feet apart. This is another reason why the Swim Group concept is so important.
- We expect that children will not be able to physically distance all of the time so remaining in a stable Swim Group to prevent as much co-mingling of people as possible and

decreasing the possibility of the virus spreading is how we are able to manage Swim Group activities more safely.

- Swimmers will include the same Swim Group of participants called a Swim Group.
- Summer Swim Team will not exceed more than 12 children in each Swim Group
- Coaches will remain with the same Swim Group for the session.
- Parents are given staggered arrival and drop off times. Assignments will be communicated to parents in an introduction email.
- Coaches and volunteers must wear masks to enter the facility, wait in line, or around others; entry may be refused if not following proper face covering protocols. Per ACPHD guidelines, children 12 years of age or younger are not required to wear face coverings, but it is still highly recommended.
- Coaches will receive training on this plan before working camp programs.
- Lost and found items will be stored individually in clear trash bags – sealed – and will be stored for ten days and then disposed of by team coach or facility supervisor.
- Swimming is permitted as long it occurs within the same Swim Group. Each lane will contain a maximum of 3 swimmers for the swimmers 10 years or older and a maximum of 2 swimmers for the swimmers 8 year or under.
- The pool deck will be numbered so that each swimmer has an out of the water position of more than 6 feet from the next swimmer.
- Swimmers will spend all of their time engaging in activities outdoors.
- Swimmers will be encouraged to bring their own sunscreen.

Preventing the Spread of COVID-19

Coaches will take the following everyday preventative actions to mitigate the spread of respiratory illness:

- Coaches will use soap and water or alcohol based hand sanitizer to clean hands upon arrival. Swimmers should not be touching any surfaces, other than the pool deck and pool wall before entering the pool. Participants will be provided with alcohol based hand sanitizer if they need to clean their hands upon entering the pool area.
- Clean and disinfect frequently touched surfaces.
- Cover cough and sneezes. Coaches will review with children on the first day of the program.
- Communicate to parents the importance of keeping children home when they are sick.
- Team Director - Communicate to your coaches the importance of being vigilant for symptoms and staying in touch with the other coach if or when they start to feel sick.
- If a coach or a child comes to the program sick, send them home immediately. If they become sick while at the facility, isolate and call home for immediate pick up.

Plan if someone is ill or becomes sick

- Dedicated isolation area near exit behind the kitchen, can be used to isolate a sick child.
- If a sick child has been isolated in the program, clean and disinfect surfaces in the isolation area after the sick child has gone home (e.g. chair).
- Follow CDC guidelines on how to disinfect the facility. (Appendix B)

- If COVID-19 is confirmed in a child or coach:
 - Close off any indoor area used by the person who is sick.
 - Wait up to 24 hours or if possible before you clean or disinfect to allow respiratory droplets to settle before cleaning and disinfecting.
 - Clean and disinfect all areas used by the person who is sick, such as bathrooms, etc.
 - If you are made aware of a confirmed COVID-19 case before the public health department, please immediately contact Lisa Erickson, Schools and Childcare Liaison at ACPHD, lisa.erickson@acgov.org; (510) 775-4485, or the ACPHD Acute Communicable Disease Control program at 510-267-3250.

Stay Home when Sick

- Coaches and children should stay home when they are sick.
- If a child or a coach has a new cough or other illness symptoms, they should not come to practice even if they have no fever. It is not uncommon for people, including children, with COVID-19 to have a cough without fever, especially early in the course of illness.
- Encourage coaches and families to get tested for COVID-19 if they are sick.

When is it safe to return to camp or my youth extracurricular activity?

- Ill children or coaches should not return to the swim program until:
 - Their respiratory symptoms are improving
 - They have had no fever for 72 hours without the use of fever-reducing medicines, and
 - At least ten days have passed since illness onset or COVID positive test.

Cleaning and Disinfecting the Pool Space & Equipment

- No swim equipment will be shared between swimmers and coaches.
- The pool facilities will be routinely cleaned, sanitized and disinfected. (Appendix C)
- Cleaners will be used with the addition of approved disinfection wipes. All Materials will continue to be placed in a secured location outside of reach from children.
- Pool chemical levels will be checked at the beginning of each practice day, and every hour during practice .
- Equipment that cannot be cleaned or sanitized has been removed from the pool area.

Healthy Hand Hygiene Behavior

Because of the design of the swim team, and the limited contact with any surfaces not in contact with chlorine-treated water, there will be infrequent need for hand sterilization. However, all children, coaches, and volunteers will engage in healthy hand hygiene at all times and specifically:

- Arrival to the facility
 - After using the toilet
 - After coming in contact with bodily fluid
 - After handling garbage
 - After touching high-touch areas
 - Hand hygiene consists of washing hands with soap and water for at least 20 seconds.
- Coaches will supervise children when they use hand sanitizer
- Coach will assist children with hand washing/sanitizing as needed and then will do the same for their own hands.

Coaching Requirements

Prior to conducting team activities, the Director (or Team President) must confirm there are sufficient coaches to ensure that the ACPHD are followed. They must also have a plan to ensure appropriate coach/participant ratio if a coach is identified to have COVID-19 symptoms during the health screening or becomes systematic during the day.

- Upon arrival, coaches will have their temperature checked and complete an informal health screening. Coach will then disinfect their hands to start the day.
- Coaches must be available to lead a swim unit of 12 or less participants. The participants in a Swim Group must remain with that Swim Group each day and cannot be moved from one Swim Group to another. Swim Groups must remain stable for the entire session.
- Coaches will remain with their assigned Swim Groups.
- Coaches will be provided the required PPE to ensure safety of coach and participants. Coaches must wear a mask (covering mouth and nose) during swim team activities if they must come within 6 feet of any participant, coach or volunteer.
- Should a coach fall suddenly ill, they will be relocated to the resting station, and monitored.

Additional internal guidelines will be followed:

- In addition to the Director that assists with supervision when needed, a floater may be designated at camps should the need arise. The floater may assist with supervision, check-in/check-out, etc. The floater must always maintain at least six feet of distance with all coaches and swimmers and wear a face covering.

SIGNAGE

Post social distancing guidelines in accordance with the Centers for Disease Control and Prevention (CDC). Location of signs will be at each public entrance of the facility.

- Wall Sign General Info:
 - Wear a cloth face covering
 - Maintain a safe social distance of 6 feet
 - Cover your cough or sneeze with a tissue
 - Wash hands with soap for at least 20 seconds
 - Don't shake hands or touch your face

- Wall Sign Social Distancing
 - We practice social distancing (Picture of people with arrows between with 6 feet social distance)
- Position Markers:
 - Deck and tape markers will be used outside/inside the Pool facility to provide participants with clear direction on where to stand during camp.
- Outside pool area:
 - Numbered spots will be chalked on the cement walkway, 6 feet apart, to indicate where swimmers should wait prior to entering the pool area.
- Inside Pool Area:
 - Numbered spots on both sides of the pool will indicate where swimmers should stand prior to entering the pool. Odd numbers on the far side of the pool, near the back lawn. Even numbers on the side closest to the Guard Shack.
- Storage of Personal Items:
 - Circular separators (e.g. hula hoops) will be placed more than 6 feet apart on the lawn adjacent to lane 6. Swimmers will place their towels, water bottles, shoes, and other clothing in their specific circle.
- Exit locations:
 - After swimmers are done with their workout, the coaches will ask them to return to the circular separators to dry off and get dressed. Participants will stand here while they wait to be released by their coach.
- Hygiene Station:
 - Signage shall be posted so that visitors and coaches can easily find hand hygiene stations

Appendix A



Practice Procedures Acknowledgement Form

Practice Procedures:

1. Facility

- There will be separate gates for entry and exit of the pool. Gates will be monitored but left open so swimmers will not have to touch or pull open the gate. Swimmers **MUST** wear a mask into the pool facility as well as when they leave.
- The bathrooms will not be open, so please be sure to have your swimmer use at home just prior to practice.
- Tables on deck will not be used during practice.
- Towels and personal items will be placed in a marked-off square on the grass/deck.
- No loitering or sitting in chairs.
- Parents and siblings are not allowed within the premises; they may park in the lot and stay in their car but may not attend swim practice within the gated pool area.

2. Preparing to swim at practice:

- Make sure you have washed your hands with soap and water or a sanitizer before entering the pool area.
- Wear your swimsuit into the pool and then out of the pool area after practice. Bathroom is off limits for changing/showering.
- Equipment will not be used during practice (except for the younger swimmers who may be assigned a kickboard to bring to and from practice).
- If you plan on using a water bottle at practice, clearly mark it with your name and place it at the edge of the lane line you are occupying; do not share with others.
- Do not attend practice if you have a cough, fever, are not feeling well, or if a member of your family is sick.
- Enter the pool area when your coach has cleared the facility and allowed you to enter. When inside the pool area maintain social distancing rules (6 feet). You must enter and exit the pool area with your mask on!

3. When Swimming:

- Listen and follow the coach's directions explicitly for safe distance spacing within the lanes

4. After Swimming:

- Leave the pool facility as soon as possible after practice.
- All swimmers must walk straight home or to their ride.

5. Expectations of Coaches for each practice:

- Practice will be simple at first gradually building based upon the swimmer's abilities within the age groups
- Coaches will be instructing stroke fundamentals and skills to improve the swimmer's ability
- Social distancing will be accounted for and demanded of all ages within the facility
- Focus will be on a healthy environment, progressive training, safety, fun and quality as it pertains to each age group.
- Coaches will disinfect areas where swimmers have come in contact with chairs/benches between age group practices maintaining a safe and healthy environment
- Coaches will check pool chemicals each hour to ensure the safety of the pool water
- There will never be more than 3 swimmers per lane (11 and up); 2 swimmers per lane (10 and under).

We cannot let anyone jeopardize the health and safety of anyone else from our swim community. It is critical that all these procedures are adhered to by both the swimmers and the parents/guardians. We need to be strict on our daily start and end times. Swimmers will no longer be able to linger in the pool area and wait for parents/guardians. If you are late to drop off or pick up your swimmer, your standing with the swim team will be affected and may lead to dismissal from the team.

These policies and procedures are subject to change in accordance with state, county, and city public health ordinances.

By signing below, you are agreeing to all the new necessary procedures.

Thank you!

Mission Valley Barracudas Board and Coaches

Family Last Name: _____

Swimmer Name: _____

Swimmer Name: _____

Swimmer Name: _____

Swimmer Name: _____

Parent or Legal Guardian Name Printed

Parent or Legal Guardian Signature

Appendix B

Cleaning And Disinfecting Your Facility

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.** **Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

Bleach solutions will be **effective** for disinfection **up to 24 hours**.

To make a bleach solution, mix:

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

OR

- 4 teaspoons bleach per quart of water

- **Alcohol solutions with at least 70% alcohol.**



Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



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cdc.gov/coronavirus

- **Laundry items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, remote controls, and ATM machines**
- Consider putting a **wipeable** cover on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- Laundry items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves**, and wash hands right away.



Cleaning and disinfecting your building or facility if someone is sick

- **Close off areas** used by the person who is sick.
- **Open outside doors and windows** to increase air circulation in the area. **Wait 24 hours** before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect **all areas used by the person who is sick**, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
- If **more than 7 days** since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.
 - Continue routine cleaning and disinfection.



When cleaning

- **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.



- Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

- **Additional key times to wash hands** include:

- After blowing one's nose, coughing, or sneezing.
- After using the restroom.
- Before eating or preparing food.
- After contact with animals or pets.
- Before and after providing routine care for another person who needs assistance (e.g., a child).

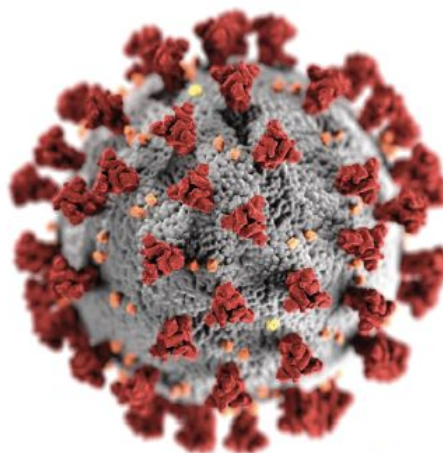
Additional Considerations for Employers



- **Educate workers** performing cleaning, laundry, and trash pick-up to recognize the symptoms of COVID-19.
- Provide instructions **on what to do if they develop symptoms within 14 days** after their last possible exposure to the virus.
- Develop **policies for worker protection and provide training** to all cleaning staff on site prior to providing cleaning tasks.
 - Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.
- Ensure workers are **trained on the hazards of the cleaning chemicals** used in the workplace in accordance with OSHA's Hazard Communication standard ([29 CFR 1910.1200](#)).
- **Comply** with OSHA's standards on Bloodborne Pathogens ([29 CFR 1910.1030](#)), including proper disposal of regulated waste, and PPE ([29 CFR 1910.132](#)).

For facilities that house people overnight:

- Follow CDC's guidance for [colleges and universities](#). Work with state and local health officials to determine the best way to isolate people who are sick and if temporary housing is needed.
- For guidance on cleaning and disinfecting the bedroom/bathroom for someone who is sick, review CDC's guidance on [disinfecting your home if someone is sick](#).



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6 Steps for Safe & Effective Disinfectant Use



Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)