AT-HOME HYGIENE

Practice good hygiene routines to stay healthy and ready to compete.

HOUSEHOLD HYGIENE

Clean and disinfect high-touch surfaces in your living space regularly with wipes containing ≥60% bleach, alcohol solutions made up of ≥70% alcohol, or a safe DIY solution.

PERSONAL HYGIENE

Keep these daily recommendations in mind to help ensure you’re maintaining proper hygiene:

HANDWASHING

- Wash your hands with soap and hot water for at least 20 seconds after going to the bathroom.
- Wash your hands with soap and hot water for at least 20 seconds after blowing your nose, coughing or sneezing.

DAILY HYGIENE

- Avoid touching your eyes, nose, mouth with unwashed hands
- Shower every day
- Wash and change your sheets every week
- Wear clean clothes every day
- Keep hand sanitizer in your backpack and/or car
- Store your cloth or surgical mask in a brown paper bag or plastic container with holes
- Eat well
- Sleep well

SPORTS BOTTLE HYGIENE

Follow these steps when washing and sanitizing your personal squeeze bottle(s):

1. Wash the bottle and rinse completely with water.
2. Sanitize the bottle with a solution made by mixing 1 teaspoon of unscented liquid household chlorine bleach in one quart of water.
3. Cover the bottle tightly and shake it well. Make sure the sanitizing bleach solution touches all inside surfaces of the bottle.
4. Wait at least 30 seconds and then pour the sanitizing solution out of the bottle.
5. Let the empty sanitized bottle air-dry before use OR rinse the empty bottle with clean, safe water.

TO MAKE A BLEACH DISINFECTANT SOLUTION, MIX:

- 5 tablespoons bleach per gallon of room temperature water
OR
- 4 teaspoons bleach per quart of room temperature water

NOTE: Bleach solutions will be effective for disinfection for up to 24 hours

SURFACES TO FOCUS ON:

- Tables
- Hard-Backed Chairs
- Doorknobs
- Light Switches
- Phones
- Tablets and Touch Screens
- Remote Controls
- Keyboards
- Handles
- Desk
- Toilets
- Sinks

NOTE: Disinfect cell phones and headphones with disinfecting wipes on a daily basis

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