

AT-HOME HYGIENE

GATORADE
THE SPORTS FUEL COMPANY

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 $\geq 60\%$ bleach, alcohol solutions made up of $\geq 70\%$ 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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