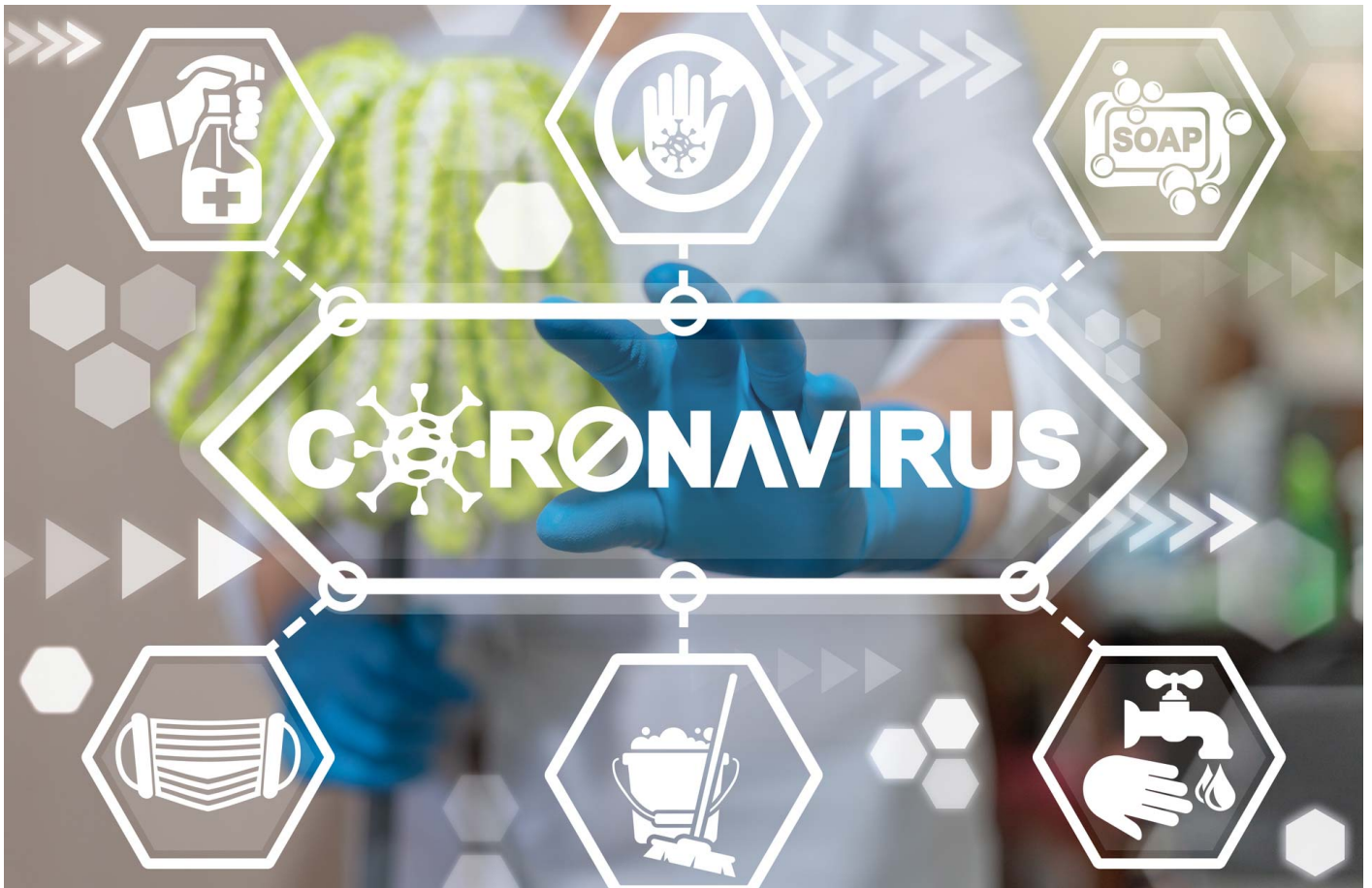


What should I do with my shoes when I get home because of coronavirus?



The **novel coronavirus** that causes COVID-19 is transmitted by **secretions** that people expel from their noses and mouths. These are then inhaled or remain on **surfaces**

Furthermore, people produce a “**cloud**” of liquid particles from tiny microscopic droplets just by breathing. This “cloud” from an infected person has the potential to spread to other people.

This **cloud** and the **expelled secretions** of an infected person can reach surfaces, which can come into contact with a people’s **shoes** and **clothing**.

https://twitter.com/emcs_tecdemy/status/1241460886482681860

[A study in the The New England Journal of Medicine](#) analyzes **how the novel coronavirus survives on different surfaces**.

SARS-CoV-2 is viable in **aerosols** for up to three hours, on **stainless steel and plastic** for up to three days, on **copper** for four hours and up to 24 hours on **cardboard**.

However, studies haven't looked at how long the virus remains active on **clothes and shoes**.

WHEN YOU GET HOME

Take off your shoes immediately upon entering the house and spray them with a disinfectant that should be at the entrance.

We recommend **leaving** these **shoes** at the entrance in a **container** and **using another pair of shoes for walking around the house**.



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CLOTHES

When you enter your home, we recommend **taking off outer clothing** and putting it into a **bag** or container to be washed as soon as possible. **This is primarily recommended for healthcare professionals.**

After taking off your clothes, we recommend **taking a bath/shower** as soon as you can. If this is not possible, we recommended **washing all exposed body parts** (hands, neck, arms, wrists).

Clothes should be washed with **detergent** at a **temperature of 60°C to 90°C**, according to the World Health Organization (WHO). This includes sheets and towels.

The **WHO** indicates that if it's not possible to use a washing machine, you can leave the clothes to **soak in hot soapy water**.



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COINS, KEYS, BAGS...

When entering your home, we recommend **leaving** the items that you bring with you like backpacks, coins, keys, bags and wallets, among others, in a **container** or **bag** to **spray them** with **disinfectant**.

Then, proceed to **wash your hands** with soap and water for a minimum of 40 to 60 seconds, or use **anti bacterial hand gel** with an alcohol base of 70%.

HOW SHOULD I CLEAN THE HOUSE?

The United States [Center for Disease Control and Prevention \(CDC\)](#) recommends cleaning *“high-touch surfaces daily”*.

These may be *“tables, doorknobs, light switches, counters, railings, desks, telephones, keyboards, toilets, faucets, sinks, and dishwashers.”*

According to the CDC, most common home **disinfectants** will work. They recommend using the appropriate disinfectant for the type of surface.



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DISINFECTANTS

Options for disinfectants:

- Dilute bleach with chlorine that you have at home.

We recommend using a chlorine / water ratio of 1:3

- Alcohol solutions.

Make sure the solution is at least 70% alcohol.

- Other common household disinfectants.

Follow the manufacturer's instructions for all cleaning and disinfection products (such as the concentration, method of application and contact time, etc.).

You can check more commercial disinfectant products [here](#).

“Every one of us is responsible for our health, so I urge you to follow basic preventive measures to prevent the rapid spread of COVID-19 “, says Dr. Michel Fernando Martínez, leader of the TecSalud Epidemiological Surveillance Unit.

ALSO READ:

<https://tec.mx/en/news/national/health/do-you-live-someone-whos-infected-heres-how-live-home>