

## COVID-19 Communication

### How to Properly Sanitize Your Personal Electronics

According to the CDC current evidence suggests that the COVID-19 virus may remain viable for hours to days on certain surfaces. It is recommended to disinfect personal electronic devices with Alcohol wipes containing 70% isopropyl. The alcohol quickly evaporates from the surfaces of your electronics and kills all the microbes. Personal electronic devices such as phones, computer keyboards, and the electronic devices in your car should be disinfected daily. For tips and tricks on how to properly clean your high-touch electronics, visit the technology experts at PCMag.com and see the chart below:

<https://www.pcmag.com/how-to/how-to-spring-clean-your-electronics>

Item	Cleaning Methods
<b>Laptops</b>	<p><b>Keyboard:</b> Turn your laptop upside down and gently shake out the keyboard to rid it of the biggest and most obvious invaders: dirt and crumbs. For a more thorough clean, use a can of compressed air. Finish up by wiping down the keyboard with an alcohol-and-water solution.</p> <p><b>Body:</b> Ensure your laptop is unplugged and the battery is removed if possible. Make certain you do not get any liquid in this area. Lightly dampen a microfiber cleaning cloth and go over all the plastic or metal surfaces.</p> <p><b>Screens:</b> For LCD screen, use a damp microfiber cloth to remove dust and smudges. For touch screens, use water or eyeglass cleaner applied to a microfiber cloth. Finish up by wiping down the keyboard with your alcohol-and-water solution.</p>
<b>Smartphones</b>	<p>Be cautious: Most phones and tablets have an oleophobic (fingerprint-resistant) coating that could come off. Manufacturers generally recommend wiping them down with distilled water and a microfiber cloth and then using cotton swabs to clean around crevices, like the edges of the screen and buttons.</p> <p>For extra cleaning: Use a 70% isopropyl alcohol wipe. Avoid getting moisture in any opening and never submerge your electronics in any cleaning solution.</p>
<b>Smartwatches and Fitness Trackers</b>	<p><b>Screens/Watch face:</b> Clean the face with a bit of water and a microfiber cloth.</p> <p><b>Silicone Bands:</b> For bands made of rubber (silicone, elastomer, etc.), rinse with water or wipe them down with a small amount of rubbing alcohol. If you're wearing moisturizer or sunscreen lotion with your band, use a gentle skin cleanser like Cetaphil on it.</p>

	<p><b>Nylon Bands:</b> Nylon bands can smell because they are especially prone to picking up sweat. If this happens or if the band is stained, mix a tiny bit of dish detergent and water to wipe them down, then follow with plain water.</p> <p><b>Metal Bands:</b> Metal bands should be wiped with a lint-free cloth and, if necessary, you can involve a small bit of water. If you have a stainless-steel band and it's gotten discolored, use a tiny bit of a stainless-steel polish like Bar Keeper's Friend, but make sure to thoroughly rinse it off so you don't transfer the chemicals to your skin when you put the band back on.  For discolored, silver-plated bands, use a silver-cleaning cloth sparingly (plating flakes off easily).</p> <p><b>Leather Bands:</b> Leather bands can be wiped down with water and a microfiber cloth and cleaned with a good leather cleaner followed by a conditioner.</p> <p><b>Fitbit:</b> Clean the charging contacts of trackers with a toothpick or a toothbrush dipped in rubbing alcohol. Dry the contacts with a lint-free cloth.</p>
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Other Useful Information:

- **Clean & Disinfect: Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019**  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>
- **How to disinfect surfaces in your car**  
<https://www.consumerreports.org/tires-car-care/how-to-kill-coronavirus-in-your-car-without-damaging-interior-surfaces/>
- **How to prepare your family in case COVID-19 spreads in your community**  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
- **How COVID-19 Spreads**  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>