

Information from:

<https://floridahealthcovid19.gov/prevention/>

How do I prevent and prepare for COVID-19?

is to practice tried and true public health mitigation measures, including:

By following good respiratory hygiene, you can protect people around you from viruses that cause diseases such as COVID-19, influenza (flu), and the common cold.

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Clean and disinfect frequently touched surfaces often, including, but not limited to, tables, doorknobs, light switches, countertops, handles, desks, and phones.

Cleaning with a household cleaner that contains soap or detergent reduces the amount of germs on surfaces and decreases risk of infection from surfaces. In most situations, cleaning alone removes most virus particles on surfaces.

Disinfection to reduce transmission of COVID-19 at home is likely not needed unless someone in your home is sick or if someone who is positive for COVID-19 has been in your home within the last 24 hours. If disinfection is needed, **always** follow the directions on the label and use a disinfectant product from [EPA List N](#) that is effective against COVID-19. If products on EPA List N are not available, [bleach solutions](#) can be used if appropriate for the surface.

Improve ventilation

Improving ventilation (air flow) can help prevent virus particles from accumulating in the air in your home. Good ventilation, along with other mitigation measures, can help prevent you from getting and spreading COVID-19.