

Organized AtoZ.com Blog

ORGANIZATION • FUNCTION • STYLE

HOME

ABOUT ORGANIZED A TO Z

Stylish Solutions
for an
Organized
Lifestyle

Nip It In the Bug!

September 25, 2009

Contributed by Rita McGhee, Sort My Space, www.sortmyspace.com

Over the past several months I've had questions posed to me about the most recent viral explosion on the human population, H1N1, and how is the best way to clean and sanitize a home. As a mom of elementary-age children, viruses and bacteria enter my house DAILY! If my children bring something into the house, we all risk getting sick. With flu season approaching, including the H1N1 virus, getting sick comes with a host of complications ranging from sore throats to death.

According to the CDC web site, www.cdc.org, Congressional update on May 4, 2009, the H1N1 virus lives on a dry surface for minimum of "2-8 hours." My first line of defense is hand washing when entering the house. As far as the children go, their school clothes are put in the laundry daily. If clothes can't be washed, steam them or put them through the dryer on at least the medium setting - cook the little bugs! Wipe down back-pack handles & folders with a disinfectant cloth every day.

Each time I clean a room, special consideration goes to areas of high use. This is especially true at the first signs that a "bug" has entered the house - sneezing, coughing, fever or intestinal issues. I use a disinfectant cleaner on a cloth or paper towel and clean these areas first:

- * Bathroom - Handles, switches, sink, cabinet edges, toilet.
- * Kitchen - Sink, countertops, appliance handles and controls, switches & knobs.
- * Common Areas - Switches, knobs, controllers, phones & keyboards.

I've done this routine so often that I can sanitize each room within just a few minutes. It has stopped many a bug in its tracks!

Blogroll

 [Come To Order](#)

 [Organized A to Z](#)

 SHARE 



Feeds

 [Entries \(RSS\)](#)

 [Comments \(RSS\)](#)

Article Categories

[Auto](#)

[Bathroom](#)

[Bedroom](#)

[Business](#)

[Disaster Preparedness](#)

[Green Organizing](#)

[Holidays/Special Events](#)

[Home Management](#)

[In the Kitchen](#)

[Kids](#)

[Laundry](#)

[Office](#)

[Organizations](#)

[Organize for Health](#)

[Organizing Tips](#)

[Paper Management](#)

[Pets](#)

Rita McGhee is a professional organizer in Charleston, West Virginia and author of "Organize Your Home the Green Way."

Possibly related posts: (automatically generated)

- [TGS 2009: Hands-on: Okamiden](#)
- [NIH: One Dose Of H1N1 Vaccine Seen for Children Age 10-17](#)
- [Swine Flu and You: How do I know if I had H1N1?](#)

Entry Filed under: [Home Management](#), [Kids](#), [Organize for Health](#), [Uncategorized](#) .

Leave a Comment

Name	Required
Email	Required, hidden
Url	
Comment	
<input type="checkbox"/> Notify me of follow-up comments via email.	

Some HTML allowed:

` <abbr title=""> <acronym title=""> <blockquote cite=""> <cite>
<code> <pre> <del datetime=""> <i> <q cite=""> <strike> `

[Trackback this post](#) | [Subscribe to the comments via RSS Feed](#)

[Professional Organizing](#)

[Recommendations](#)

[Record Keeping](#)

[Stress Relief](#)

[Time Management](#)

[Traveling](#)

[Uncategorized](#)

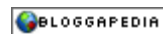
Archives

Select Month

Blog Search Engine



Blog Flux Local - Virginia



Pages

[About Organized A to Z](#)

Theme: Blix by Sebastian Schmieg . Blog at WordPress.com.

