



# Town of Mansfield

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Town Manager

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## COMMUNITY UPDATE COVID-19

**July 9, 2020:**

The Town of Mansfield continues its community update on our website Monday-Friday with our up to date information and important tips for the public as it relates to the COVID-19 pandemic. For more complete information, please see the town [coronavirus webpage](#).

- **As of today, please see the below chart that represents our communities COVID-19 relates cases:**

| <i>Mansfield Covid-19 Workflow</i>                       | #                        |                    |  |            |
|--|--------------------------|--------------------|--|------------|
|  |                          |                    |  |            |
| <b>Positive COVID-19 under isolation</b>                 | <b>3</b>                 | (updated 7/9 0800) | The State's CTC has now taken over. There will be delays on the numbers for positive cases recovered |            |
| <b>Total cases subject to quarantine &amp; isolation</b> | Unavailable at this time |                    |  |            |
| <b>Positive Cases recovered</b>                          | <b>149</b>               |                    |  |            |
|  |                          |                    | <b>Total tested positive since beginning:</b>  | <b>165</b> |
| <b>Covid-19 Related Deaths</b>                           | <b>13</b>                | (updated 7/9 0800) |  |            |

- **Protect yourself while cleaning.**

With the need for additional cleaning within the home, the Academic Public Health Volunteer Corps has assembled some helpful graphics on best practices and safer alternatives to reduce exposure to harsh chemicals.

For more information about everyday steps to cleaning and disinfecting your home and extra steps when someone is sick, click [here](#).

# Environmental Toxins in the Home

How to Protect Yourself and Your Family During COVID-19



## What Are Environmental Toxins?

- Chemicals that can cause cancer or disrupt the flow of hormones into the blood (also known as endocrine disruptors)

## How Do They Affect Human Health?

- These chemicals can lead to problems related to:
  - Reproduction
  - Neurodevelopment
  - Cancer
  - Organ Failure

### Active Ingredients to Watch Out For:

- Ammonia
- Bleach
- Quaternary Ammonium Compounds
- Ethanolamines
- Hydrochloric Acid
- Oxalic Acid
- Sodium Acid Sulfate
- Sulfuric Acid
- Sodium Hydroxide

### Active Ingredients to Use Instead:

- Baking Soda
- Borax
- Alcohol (140+ Proof)
- Isopropyl Alcohol
- White Vinegar
- Lemon Juice
- Lactic Acid
- Glycolic Acid
- Citric Acid
- Hydrogen Peroxide
- Ethanol

## COVID-19 Cleaning Tips:

- Clean areas before disinfecting them for lower risk of infection spread
- Disinfect all high-touch surfaces (doorknobs, eating surfaces, work surfaces, keyboards, light switches, and electronics)
- Wear gloves when cleaning to reduce exposure to harmful chemicals
- Have a window open or fan on for proper ventilation during use
- Avoid mixing bleach with any other cleaning products as it can create a poisonous gas

# CLEANING TIPS DURING THE COVID-19 PANDEMIC



1



- Read directions before use
- Consider using safer alternatives such as products with hydrogen peroxide as the active ingredient to disinfect
- Check if product meets the EPA's criteria:  
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

2



- Clean and disinfect
- Cleaning first removes dirt, some germs, and impurities (use soap and water)

3



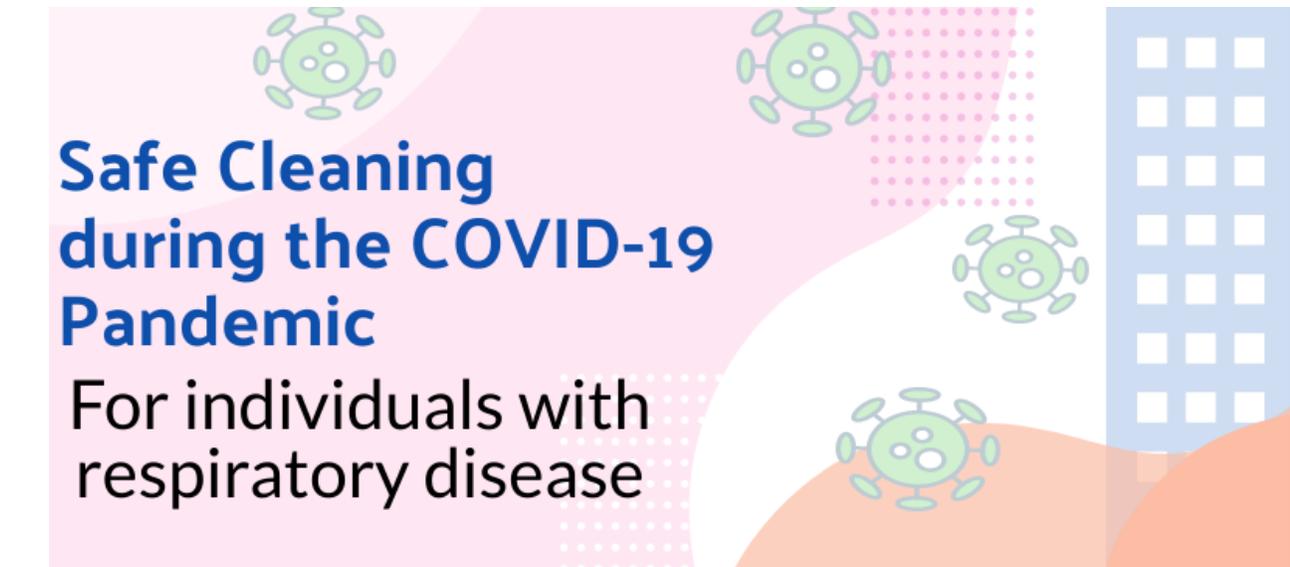
- Disinfecting kills germs on surfaces using chemicals
- Cleaning followed by disinfecting lowers the risk of infection spread
- If using bleach make sure to dilute

4



- Limit chemical exposure by wearing gloves and ventilating (use fans and open windows)
- Check [mass.gov](https://www.mass.gov) on how to recycle/dispose of certain products

Source: <https://www.mass.gov/info-details/safely-manage-hazardous-household-products#hazardous-household-product-search->



# Safe Cleaning during the COVID-19 Pandemic

## For individuals with respiratory disease

Due to the spread of COVID-19, routine cleaning in the home has increased in frequency. Many active ingredients in cleaning products has been shown to exacerbate respiratory disease symptoms



### Limit Volatile Organic Compounds

- VOCs can lead to chronic respiratory problems, allergic reactions, and headaches
- Examples of VOCs are benzene, formaldehyde, and toluene
- Look for products that contain less than 10% of the active VOC ingredient



### Cleaning

- Clean before disinfecting
- Soap and water can be used to clean dirt, impurities and some germs without causing any irritation to the respiratory system



### Disinfecting

- Safe ingredients to look out for are hydrogen peroxide, citric acid, and chlorine dioxide
- Always use gloves and make sure there is ventilation
- Follow the instructions on the manufacturer's label
- Never mix cleaning supplies together