

Don't let germs make you sick! Kill germs with disinfectants.



Did you know that workers and people in jails and prisons can get sick from germs on things they touch?

Wash your hands for 20 seconds with soap and water after touching things to avoid getting sick!

A disinfectant kills germs. Some disinfectants don't work for every germ!



Viruses are a type of germ that can give you

- A common cold
- Hepatitis
- HIV
- Flu
- A stomach bug
- COVID-19



Things that people touch in jail or prison that may not be clean include

- Table
- Chair
- Writing desk
- Door handle
- Stair rail
- Light switch
- Sink and shower faucet
- Toilet
- Phone
- Computer keyboard

If you touch anything that may not be clean, **wash your hands with soap and water for 20 seconds!**

DO NOT mix disinfectants with anything else!

- Some disinfectants can make you sick if you mix them with other disinfectants or chemicals.
- The disinfectant may not work when it's mixed with anything else.



Steps you should take

- Use disinfectants that jail or prison staff give to you.
- Listen to and follow the cleaning instructions that the jail or prison staff give to you about how often to disinfect things.
- Follow all instructions and training that tell you how to apply the product (such as using a mop, sponge, brush, cloth, or something else).
- Read and follow all the label instructions on the disinfectant.
- The instructions may tell you
 - what you should use it on,
 - how long to leave the product on before wiping it off or removing it, and
 - how long the product should last before it goes bad.
- Wear gloves to protect your hands when you use disinfectants.



Know how disinfectants work

- If something looks dirty, clean it with soap and water or cleaning products before you use the disinfectant.
- Some disinfectants may need time to work. Put the product on and let it soak for the time that the label instructions tell you. This might mean you wipe the product off after 1 minute, 10 minutes, or for some other time.
- Always wash your hands with soap and water for at least 20 seconds after you use a disinfectant, or after you touch something that may have germs on it.

Get More Information

1-800-CDC-NIOSH (1-800-232-4636) | [cdc.gov/cdc-info](https://www.cdc.gov/cdc-info) | [cdc.gov/niosh](https://www.cdc.gov/niosh)

DHHS (NIOSH) Publication No. 2023-127

DOI: <https://doi.org/10.26616/NIOSH-PUB2023127>



Centers for Disease Control
and Prevention
National Institute for Occupational
Safety and Health

March 2023