

### **Cleaning tips for this winter**

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With the swine flu vaccine inaccessible to many so far this year, the next best thing is disinfecting homes and workspaces to keep them virus free.

However, there is a lot of misinformation about what kills H1N1 and what doesn't. For instance, popular alcohol-based hand sanitizers do not kill viruses - only bacteria. Although it's true that alcohol makes your hands inhospitable to viruses (reducing the amount of the virus that will cling to your hands), the threat of the virus remains.

In fact, there are several nuances about hard surface disinfectants that consumers really don't understand.

Here are a few tips to stay safe and virus-free this winter:

\* **Become a "Label Reader"** - Although cleaning products do not have conforming standards for labeling and claims, the labels of sanitizers and disinfectants are strictly regulated by the US EPA. Consumers should become educated by reading labels on products to ascertain the active ingredients, kill times and warning statements on disinfectants and sanitizers.

\* **Don't just Spray and Wipe** - Many consumers just "spray and wipe" when cleaning. Be careful to use products as directed, which usually requires spraying and waiting up to 10 minutes to properly kill pathogens.

\* **Choose "Green" Cleaners Wisely** - "Green" cleaners are often made of a plant-based surfactant, and do not contain chlorine, phosphates, or petrochemical ingredients. They are effective against dirt and grime, but may not kill dangerous pathogens. PURE Bioscience makes an ionic silver cleaner product that is EPA registered and meets CDC recommended standards to kill H1N1 on a hard surface.

\* **Be Careful with Harsh Chemical Products** - Consumers are rightfully worried about using cleaning products because of the inherent risks involved with exposure to traditional toxic chemicals. When using harsh chemical disinfectants containing chlorine, be sure to take appropriate precautions: wear gloves and a mask, create ventilation if possible (opening windows and/or running the exhaust fan), and be sure to keep children, pets and family members with respiratory problems away from the room in which you're using the products.

*Picture shows: SpectraSan24 containing Pure Bioscience's ionic silver technology that is EPA registered and meets CDC recommended standards to kill H1N1, MRSA and other dangerous viruses on hard surfaces. Distributed by BioTech Medical LLC.*