

How to Disinfect Your Phone or Tablet

If you have them, **disinfect an iPhone or Android phone with a disinfecting wipe, or alcohol solution (at least 70 percent)**. Make sure you pay special attention to the screen, the buttons, and anywhere dust and pocket lint tend to get trapped. **Also make sure you remove any case that's on your phone or tablet, clean underneath, put it back on, and clean the outside.** Following the CDC recommendations for other high-touch surfaces in the home, a once-daily disinfecting isn't going to hurt your devices.

How to Disinfect Your Computer

Laptop displays aren't always made of glass (matte displays are plastic) so avoid using a disinfecting wipe on the screen, just in case. The display should be cleaned with isopropyl alcohol (70 percent) solution and a soft towel. **Make sure you wipe down the keyboard, the trackpad, the exterior, and where your wrists rest on the laptop.**

Most desktop computers are already in sore need for a cleaning. The best way to do that is with a disinfecting wipe or isopropyl alcohol solution and a soft towel. Again, avoid disinfecting wipes on the monitor, just in case—stick to isopropyl alcohol there. But otherwise, just make sure you wipe down the mouse (top, sides, and bottom), the keys on your keyboard, the exterior of the keyboard, and any mousepad you might have.

Don't Forget Accessories

For any other electronic device, if the exterior is largely plastic (gaming mice, gamepads, TV remotes) it's safe to give 'em a once over with a disinfecting wipe or isopropyl alcohol solution.

Should You Disinfect Packages and Mail?

Yes, lightly. According to the USPS, mail and packages are relatively low-risk for transmitting the novel coronavirus, and packages from China pose *no special risk* compared to packages from anywhere else. That said, researchers have found that **it can live on cardboard for around two to three days** so giving packages a once over with a disinfecting wipe isn't a bad idea.

REMEMBERWASH YOUR HANDS OFTEN!!!!