

Cleaning Products Can Kill The COVID-19 Virus Here's What to Use in Your House

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26 MARCH 2020

COVID-19 has only been around for a few months, so at this point scientists don't know that much about it. But more is being learned every day.

Soap and water

Soap and water are your first line of defence to remove the virus from surfaces. Soap interferes with the fats in the virus shell and lift the virus from surfaces and this is then rinsed off by water.

Of course, you also need to wash your hands when you come in from the shops and wash your food as normal.

Defence – odbrana

Fats - masti

To remove – uklanjanje

To rinse off – ispirati

Surface – povrsina

To wash – prati

To interfere – uticati na, ometati

Shell – ljska, skoljka

Bleach

The active ingredient in bleach – sodium hypochlorite – is very effective at killing the virus. Make sure you leave the bleach to work for 10-15 minutes then give the surface a wipe with a clean cloth.

The bleach works by destroying the protein and what's known as the ribonucleic acid (RNA) of the virus – this is the substance that gives the blueprint for making more virus particles when you become infected. Be sure to use the bleach as directed on the bottle.

Bleach – sredstvo za beljenje, varikina

Acid – kiselina

Substance -

Sodium hypochlorite – natrijum hipohlorit

RNA – RNK

supstanca

Sodium – natrijum

Blueprint – sablon, sema

To destroy – uništiti

Particle – cestica

Surface wipes

The active ingredient in surface wipes is an antiseptic – usually benzalkonium chloride. The wipes work by physically removing germs through the pressure you apply when you use them, and the germs then attach to the wipe.

They also leave a layer of the antiseptic on the surface that works to kill germs. The antiseptic works well on bacteria as well as on coronaviruses that infect mice and dogs – but it seems to make no difference to the spread of human coronavirus.

Antiseptics work by disrupting the fats in pathogen cells, but SARS-CoV-2 does not contain many fats. So far, there is no evidence that antiseptics can kill human coronaviruses.

Surface wipe – vlazna maramica

Surface – povrsina

Ingredient – sastojak

Benzalkonium chloride – benzalkonijum hlorid

To remove – ukloniti

Germ – klica, mikrob

To apply – primeniti

Layer – sloj

To disrupt -

poremetiti

To contain - sadrzati

Evidence - dokaz

Hand sanitisers

A word of warning though about [hand sanitisers](#). The main ingredient in hand sanitisers that will kill SARS-CoV-2 is ethanol, the alcohol in surgical spirit. But its concentration in the sanitiser is very important – it has to be over 70 percent or it will not kill the virus effectively.

One thing you can also do is make sure you air out the spaces you are spending time in regularly. An infected person will produce thousands of tiny droplets which contain the virus every time they cough.

Hand sanitiser – sredstvo za dezinfekciju ruku

Ingredient – sastojak

Percent – procenat

Cough - kasalj

Ethanol – etanol

To air out – provetriti

To contain - sadrzati

Droplet – kapljica

Surgical spirit – tehnost koja sadrzi alkohol i vodu za ciscenje rana i koze