

## 7. Disinfection method, etc.

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### **Let's reduce the amount of virus to prevent infection.**

Covid-19 infection occurs when droplets containing the virus or hands and fingers contaminated with the virus come into contact with mucous membranes of the mouth, nose, eyes, etc.

Thus, it is important to ensure distancing and wear a mask when talking to avoid inhaling droplets and to wash away the virus on the hands and fingers. Disinfection of items used by the patient will reduce the amount of virus that contaminates the hands and fingers.

Various products on the market are advertised for their disinfection and sanitization efficacy. Choose correct products suitable for the purpose and use them properly.

When purchasing a disinfectant or sanitizer, check the usage, active ingredients, concentration, use-by date, etc. Do not use the product if information is insufficient.

# [Reference] Choose a correct product suitable for the purpose.

## Measures against Covid-19

For products advertised for their disinfection and sanitization efficacy, choose a correct product suitable for the purpose.

➤ Check points

Usage
 Active ingredient
 Concentration
 Use-by date

\*When purchasing a product, make sure to check these four points.

1) Antiviral measures for hands and fingers

Make sure to wash hands frequently.

The virus can be completely removed by washing hands carefully using soap and hand soap. It is not necessary to use a disinfectant, etc. together.

2) Antiviral measures for objects

Chlorine bleach and some household detergents, etc. are effective for disinfecting frequently touched areas, such as tables and doorknobs.

For more information about chlorine bleach, etc., enter the URL or scan the code!  
[https://www.meti.go.jp/covid-19/pdf/0327\\_poster.pdf](https://www.meti.go.jp/covid-19/pdf/0327_poster.pdf) (in Japanese)

For more information about household detergents, etc., enter the URL or scan the code!  
<https://www.meti.go.jp/press/2020/05/20200520009/20200520009-1.pdf> (in Japanese)

3) Antiviral measures for spaces

Ventilate the space regularly.

Note: It is not recommended to spray a disinfection or sanitization product in a space where there are other people.

# [Reference] Measures against Covid-19: Keep your personal space clean.

## Measures against Covid-19 Keep your personal space clean.

Wash hands carefully using soap or hand soap.



The virus can be completely removed by washing hands carefully. It is not necessary to use an alcohol-based sanitizer together.

Hand washing		Remaining virus
No hand washing		About 1 million particles
Rub hands together with soap or hand soap for 10 seconds, then rinse hands with running water for 15 seconds.	Once	About 0.01% (several hundred particles)
	Repeat twice	About 0.0001% (several particles)

(created based on the Journal of The Japanese Association for Infectious Diseases, 80: 496-500, 2006, Kohji Mori)

To disinfect items used in daily life, such as tableware, handrails, and doorknobs, it is more effective to use hot water, chlorine based bleach, and some detergents than alcohol.



Tableware, chopsticks, etc. can be disinfected by exposing them to hot water at 80°C for 10 minutes. Take precautions against burns.



You can disinfect the surface by wiping it with chlorine bleach diluted to a concentration of 0.05%. Haitei, alvejante, etc. Details for making chlorine bleach solution are indicated on the back of the package (e.g., Haitei, Bleach).

- \* Chlorine bleach affects the human eyes and skin. Handle it with care.
- \* Make sure to read the product warnings.
- \* Metals may be corroded.

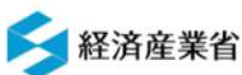


You can disinfect the surface by using a household detergent that contains an effective surface-active agent. A list of products is published on the NITE website.

NITE detergent list



[Click here.](#)



## Reference

### How to prepare sodium hypochlorite solution of 0.05% or more



[Warnings when using sodium hypochlorite solution]

- Ensure ventilation.
- Wear household gloves.
- Do not mix it with other chemicals.
- Read the instructions on the product package or website.

The table below shows examples of products whose main component is sodium hypochlorite. The concentration varies depending on the product. Dilute a product by referring to the table below.

Manufacturer (in Japanese syllabary order)	Product name	Example of preparation method
Kao	Haiter Kitchen Haiter	Dilute 25 mL of the product (measure a cap-full by using the cap that comes with the product)* in 1 L of water.  * In general, sodium hypochlorite decomposes slowly, causing the concentration to decrease. Within three months from purchase, the reference volume is 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
Kaneyo Soap	Kaneyo Bleach Kaneyo Kitchen Bleach	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
Mitsuei	Bleach Kitchen bleach	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.

(Private brands)

Brand name (in Japanese syllabary order)	Nome do produto	Exemplo de como fazer
AEON Group (TOPVALU)	Kitchin-yo-hyohakuzai	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
SEIYU/SUNNY/ LIVIN (Kihonnoki)	Daidokoro-yo- hyohakuzai	Dilute 12 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.
Seven & i Holdings (Seven Premium Lifestyle)	Kitchen Bleach	Dilute 10 mL of the product (measure a half cap-full by using the cap that comes with the product) in 1 L of water.

\* There are many other products whose main component is sodium hypochlorite. When using a product not shown in the table, read the instructions on the product package or website.

For the usage of detergents, scan the code. 

[Click here.](#)

