

Cleaning Your Mobile Phone

KEY TIPS FOR SANITIZING YOUR MOBILE PHONE



Coronavirus can live on surfaces for a few days. It is essential we clean our mobile phones, and accessories (earbuds, chargers, cases).

Here's how:

1 TURN OFF YOUR PHONE AND REMOVE THE CASE

Grab a phone-friendly non-abrasive cleaning cloth or wipe - these tend to have 70% isopropyl alcohol.

Alternatively, pour 1/2 parts distilled water and 1/2 parts isopropyl alcohol, 70% into a spray bottle and shake before use.

**For healthcare workers, most alcohol wipes in clinic are 70% Isopropyl alcohol.*



2 MIST AND GO

Do not spray your phone directly. Instead, shake the mixture and lightly mist the towel. Gently wipe down the front and back of your phone. Let your phone dry for 15 minutes.



3 CLEAN YOUR CASE

HARD PLASTIC CASES:

Use another wipe/towel with the alcohol-water solution. Use a cotton swab to get into any openings for the camera buttons. Allow case to dry completely.

SILICONE CASES:

Silicone cases are more durable and can be submerged in water. Mix some dishwashing detergent with warm water. Use a soft towel to clean the interior, exterior and any textured edges. Rinse the case thoroughly. Allow case to dry completely.

LUXURY CASES (e.g. leather):

Follow the manufacturer's instructions for cleaning.

4 DON'T FORGET PHONE ACCESSORIES

Use a wipe or towel lightly misted with your alcohol-water solution to clean your earbuds, charger, phone stand... Ensure these accessories are completely dry before you use them again.



5 HOW OFTEN SHOULD YOU CLEAN YOUR PHONE?

It is recommended that you wipe down your phone *daily* - or more often if you believe it may have been exposed to contamination. Also, ensure you are cleaning all other surfaces and objects you come into contact with throughout the day (counters, doorknobs, remote controls, computer keyboards, keys...).

And don't forget **proper hand hygiene**: wash your hands with soap and water or sanitizer for a minimum of 20 seconds.