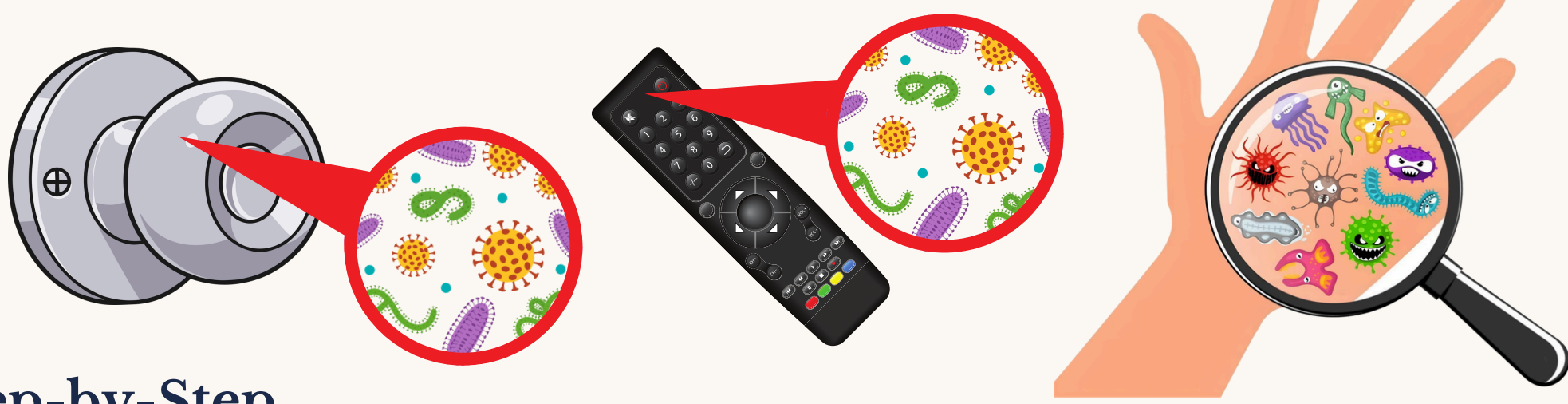
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The 10-Minute Holiday Reset

A nightly habit that keeps germs from making the rounds

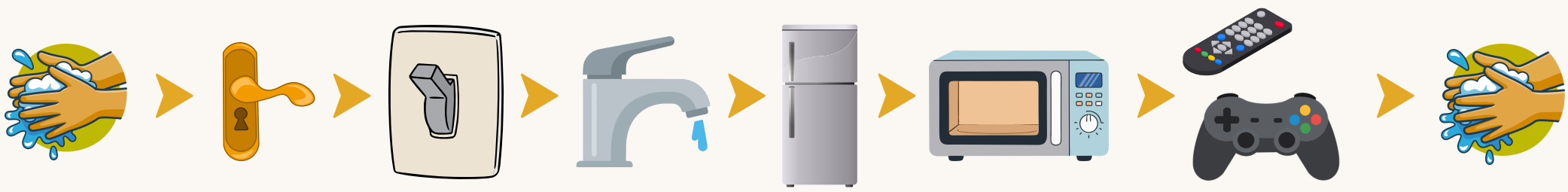
Germs travel on hands and the few surfaces everyone shares.
Ten minutes after dinner breaks the chain.



Step-by-Step

Total: 10 minutes

- [ ] 1. Wash your hands with soap and water before you start — 1 min
- [ ] 2. Entry door handles and main light switches — 2 min
- [ ] 3. Bathroom faucet, toilet flush handle and bathroom door handle — 2 min
- [ ] 4. Fridge, microwave and cabinet handles, then counters and sink — 3 min
- [ ] 5. Remotes, game controllers and the phone-charging spot — 1 min
- [ ] 6. Swap or hang up hand towels, then wash your hands again — 1 min



On ordinary days

A regular cleaning or sanitizing wipe is enough.

When someone is sick

Use disinfectant for steps 2–5. Keep the surface visibly wet for the full contact time on the label before wiping.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Why and What-Ifs

High-touch surfaces, the right product, and what to do next

The Critical 15

The surfaces ***everyone*** touches

☐ Entry door handles (both sides)	☐ Refrigerator handle	☐ Main light switches
☐ Phones and charging spot	☐ Stair railings	☐ Kitchen cabinet handles
☐ Microwave handle and buttons	☐ Toilet flush handle	☐ TV remotes
☐ Garage door opener	☐ Coffee maker buttons	☐ Thermostat
☐ Bathroom faucet handles	☐ Car key fobs	☐ Bathroom door handles

Clean, sanitize or disinfect?

Clean

Soap, water and scrubbing. Removes most germs in most situations.

Sanitize

Reduces germs to levels considered safe.

Disinfect

Kills remaining germs. Use when someone is sick or at higher risk. Keep it wet for the label's contact time.

When someone gets sick

1. Stay home and away from others, even people you live with, until 24 hours after symptoms are improving and there's no fever without medicine.
2. For the next 5 days, take extra care: fresh air, clean hands, distance, and a mask or test around others.
3. Disinfect the surfaces around where they rest, and give them their own towels.
4. Get medical care for warning signs like trouble breathing or chest pain.

Based on CDC guidance for flu, COVID-19 and RSV.

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Desert winter tips

- Humidity sweet spot: 40–50%. A simple meter tells you. Clean the humidifier tank often.
- Let fresh air in for a few minutes a day, especially when someone is sick.

Why it works

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Face touches an hour in one study, nearly half to the eyes, nose or mouth (Kwok et al., 2015)

85%

Less virus on hands and surfaces when high-touch surfaces were disinfected and hands sanitized (Kurgat et al., 2019)

51% vs 59%

People in a handwashing program who reported a respiratory infection, versus those without it (Little et al., 2015)

CDC (2025a, 2025b) · EPA (2012, 2026) · Kurgat et al. (2019), Int. J. Hygiene & Environmental Health · Kwok et al. (2015), American Journal of Infection Control · Little et al. (2015), The Lancet · Noti et al. (2013), PLOS ONE. Full references: [BLOG LINK]

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