



Clean and Disinfect Your Household

These recommendations from the CDC for cleaning and disinfecting of your household are for those with people who have confirmed COVID-19, are under investigation or may be in self-isolation or quarantine. However, it is good advice at this time for **all household settings**.

- **Cleaning** is getting rid of germs, dirt, and impurities from surfaces. It reduces them but does not kill germs.
- **Disinfecting** is needed to kill germs on surfaces. Do this *AFTER* cleaning!

General Recommendations for Routine Cleaning and Disinfection of Households

Tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks or other frequently touched surfaces:

- Make sure you have good ventilation
- Use safe precautions for the cleaner or disinfectant such as wearing gloves
- Use the right cleaner and EPA-registered disinfectant for the surface being cleaned. Read labels to know what to use them on and what to wear.
- If a bathroom is shared with an ill person, cleaned and disinfect the bathroom after each use by an ill person.

If an ill person is in the home, follow CDC advice for caregivers and stocking supplies in an ill person's bedroom and bathroom: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html#disinfect>

How to Clean and Disinfect

Hard Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning.
 - If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. [Clean hands](#) immediately after gloves are removed.
- First, clean surfaces using a detergent and water.
- Next, disinfect by one of these methods:

Bleach Solution

- Follow bleach manufacturer's instructions for surfaces to use bleach on. Use proper ventilation.
- Use bleach that is not past its expiration date.
- **Never mix household bleach with ammonia or any other cleanser!**
- For use against coronaviruses, prepare a bleach solution:
 - Mix 5 tablespoons (1/3 cup) bleach per gallon of water or
 - Mix 4 teaspoons bleach per quart of water

Purchased disinfectant

Choose one with an EPA-approved emerging viral pathogens claim. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

Soft surfaces (carpets, rugs, and curtains)

- Get rid of visible dirt and clean with the right cleaner for the type of surface.
- After cleaning:
 - If possible, then put items in the laundry according to the manufacturer's instructions. If possible, use the warmest water possible for the item and then dry items completely.

Clothing, towels, linens and other items that go in the laundry

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
 - If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
 - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
 - Wash and dry items according to the manufacturer's instructions. If possible, use the warmest water possible for the item and then dry items completely.
 - Dirty laundry from an ill person can be washed with other people's items.
 - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, put in a bag liner that can be thrown away or can be laundered.

Advice as of March 12, 2020

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html#disinfect>