



## 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 since confirmation of illnesses is still ongoing.

- **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.
- Use a different bathroom from an ill person, if possible
- If a bathroom is shared with an ill person, clean 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 thrown away after each cleaning.
  - If reusable gloves are used, those gloves should be only used 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 or soap and water.
- Next, disinfect by one of these methods:

### Bleach Solution

- Follow the bleach manufacturer's instructions for surfaces to use bleach on. Use proper ventilation.
- Check the expiration date. Do not use bleach after the 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 with one gallon of water
  - OR
  - Mix 4 teaspoons bleach with one quart of water
- Spray or wipe the solution to thoroughly saturate surfaces and let stand 5-10 minutes. Rinse with cool water and let air dry.
  - Rinsing is okay with most surface disinfecting, but you do not use this high of concentration or rinse when sanitizing food contact surfaces.
  - For items disinfected with this higher concentration that do come in contact with food or mouths (like baby bottles or toys), rinse with water and let air-dry.

### 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 the item in the washing machine to clean. Follow the manufacturer's directions. Use the warmest water possible for the item. 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 throw the gloves away after each use.
- If you must use reusable gloves, those gloves should be used only for cleaning and disinfection of surfaces for COVID-19. Do not use these gloves for anything else. [Wash hands](#) immediately after taking off gloves.
- If no gloves are used when handling dirty laundry, be sure to [wash hands](#) afterwards.
- If possible, do not shake dirty laundry. This will make it less likely that the virus moves through the air.
- Wash and dry items according to the manufacturer's instructions. 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 directions above for surfaces. If possible, put in a bag liner that can be thrown away or can be laundered.
- [Wash hands](#) immediately after handling dirty laundry and hampers.

Advice as of March 18, 2020

References:

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

<https://www.clorox.com/how-to/disinfecting-sanitizing/cold-flu-other-diseases/help-prevent-the-spread-of-the-human-novel-coronavirus-2019-ncov/>

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