



HOW TO CLEAN YOUR HOME DURING COVID-19

CDC suggestions for disinfecting your home (Updated 04/08/20)

Should someone in your residence fall ill with COVID-19, the CDC recommends that you take the following extra cleaning steps to stop the spread of germs.

HOW TO PROPERLY CLEAN AND DISINFECT

Clean frequently touched surfaces using soap & water. Frequently touched surfaces include:

- Tables, doorknobs, light switches, countertops, handles, desk, phones, keyboards, faucets, sinks, etc.

Disinfect with an EPA-registered household disinfectant after cleaning with soap & water. Disinfectants that meet the EPA's criteria for use against COVID-19 can be found [HERE](#). Read the label of your particular product to ensure proper use.

- Diluted household bleach solutions may also be used to disinfect if appropriate for the surface. Only bleach products used before their expiration date will be effective against the coronavirus.
- **To make a bleach solution**, mix:
 - 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water
- Leave the solution on the surface for at least 1 minute.

NOTE: Always wear disposable gloves when cleaning and disinfecting.

SOFT SURFACES

For surfaces such as carpeted floor, rugs and drapes:

- **Clean the surface** using soap & water or with cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- **Disinfect** with an EPA-registered household disinfectant.

ELECTRONICS

For electronics, such as tablets, touch screens, keyboards and remote controls:

- Consider putting a wipeable cover on electronics.
- Follow manufacturer's instruction for cleaning and disinfecting.
 - *If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.*

LAUNDRY

For clothing, towels, linens and other items:

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can** be washed with other people's items.
 - *Do not shake dirty laundry.*
- Clean and disinfect clothes hampers according to guidance above for surfaces.
- When finished, remove gloves and wash hands right away.

CLEAN HANDS FREQUENTLY

- Wash your hands often with soap and water for 20+ seconds.
 - *Always wash immediately after removing gloves and after contact with a person who is sick.*
- If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol.
 - *If hands are visibly dirty, always wash hands with soap and water.*
- Additional key times to clean hands include:
 - *After blowing one's nose, coughing, or sneezing*
 - *After using the restroom*
 - *Before eating or preparing food*
 - *After contact with animals or pets*
 - *Before and after providing routine care for another person who needs assistance (e.g. a child)*
- Always avoid touching your eyes, nose and mouth with unwashed hands.

SEPARATE BEDROOMS AND BATHROOMS

- Keep separate bedroom and bathroom for a person who is sick (if possible)
 - *Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.*
- Caregivers can provide personal cleaning supplies to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants. If they feel up to it, the person who is sick can clean their own space.
- **If sharing a bathroom**, the person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

FOOD

- The person who is sick should always eat (or be fed) in their room if possible.
- Handle any used dishes, cups/glasses, or silverware with gloves. Wash dishes using soap and hot water.
- Clean hands after taking off gloves or handling used items.

TRASH

If possible, dedicate a lined trash can for the person who is sick.

- Use gloves when removing garbage bags, and handling and disposing of trash.
- Wash hands afterward.