

# Cleaning *and* Disinfecting Your Home

August 2020



## Everyday Steps and Extra Steps When Someone is Sick

### What you need to know

- **Wear reusable or disposable gloves for routine cleaning and disinfection.**
- **Clean surfaces using soap and water, then use disinfectant.**
- **Clean or launder items according to the manufacturer's instructions.**
- **Wash your hands often with soap and water for 20 seconds.**
- **If someone is sick, keep a separate bedroom and bathroom for the person who is sick (if possible).**

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### ● How to clean and disinfect

Wearing gloves outside of your home (for example, when using a shopping cart or an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs. The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

#### Clean:

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.
- Practice routine cleaning of frequently touched surfaces.
- High-touch surfaces include: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



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## Disinfect:

- Recommend use of EPA-registered household disinfectant.
- Follow the instructions on the label to ensure safe and effective use of the product.
- Many products recommend:
  - Keeping surface wet for a period of time (see product label)
  - Precautions such as wearing gloves and making sure you have good ventilation while using the product
- Always read and follow the directions on the label to ensure safe and effective use.
- Wear skin protection and consider eye protection for potential splash hazards.
- Ensure adequate ventilation.
- Use no more than the amount recommended on the label.
- Use water at room temperature for dilution (unless stated otherwise on the label).
- Avoid mixing chemical products.
- Label diluted cleaning solutions.
- Store and use chemicals out of the reach of children and pets.
- Never eat, drink, breathe or inject these products into your body or apply directly to your skin, as they can cause serious harm. Do not wipe or bathe pets with these products or any other products that are not approved for animal use.
- Special considerations should be made for people with asthma, and they should not be present when cleaning and disinfecting as this can trigger asthma exacerbations.
- Diluted household bleach solutions may also be used if appropriate for the surface.



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- Check the label to see if bleach is intended for disinfection and has a sodium hypochlorite concentration of 5%–6%. Ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening, may not be suitable for disinfection.
- Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute.

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## Soft surfaces – carpeted floor, rugs and drapes:

- Clean the surface using soap and 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.

OR

- Disinfect with an EPA-registered household disinfectant.
- Vacuum as usual.

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## Electronics – 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.

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## Laundry – 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.



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## Laundry – clothing, towels, linens and other items *(continued)*:

- 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.
- Remove gloves, and wash hands right away.



## Clean Hands Often

### Key times to clean hands:

- Immediately after removing gloves and after contact with a person who is sick.
- 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.
- Wash your hands often with soap and water for 20 seconds.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
  - Always read and follow the directions on the label to ensure safe and effective use.
  - Keep hand sanitizers away from fire or flame.
  - For children under six years of age, hand sanitizer should be used with adult supervision.
  - Always store hand sanitizer out of reach of children and pets.





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## When someone is sick:

### Bedroom and Bathroom:

- Keep separate bedroom and bathroom for a person who is sick (if possible).
- The person who is sick should stay separated from other people in the home (as much as possible).
- If you have a separate bedroom and bathroom: Wear disposable gloves and 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 shared 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:

- **Stay separated:** The person who is sick should eat (or be fed) in his/her room (if possible).
- Wash dishes and utensils using disposable gloves and hot water. Handle any used dishes, cups/glasses or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- Clean hands after taking off gloves or handling used items.



### Trash:

**Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use disposable gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.