



How To Clean & Disinfect Your Home

Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households.



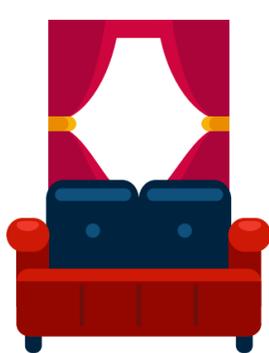
Clean

- **Wear disposable gloves when cleaning surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.
- **High touch surfaces include:** Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant. **Recommend use of EPA-registered household disinfect.**
- **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** during use of the product.
- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. 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.
- **To make a bleach solution mix:** 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.
- **Alcohol solutions with at least 70% alcohol.**



Soft surfaces

- Clean the surface using soap and water or with cleaners for surfaces such as: **carpeted floor, rugs, and drapes.**
- 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.** These disinfectants meet EPA's criteria for use against COVID-19.



Electronics

- Clean surfaces such as: **tablets, touch screens, keyboard 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

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from a sick person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.



Clean hands often

- **Wash your hands often with soap and water for 20 seconds.** Always wash immediately after removing gloves and after contact with a sick person.
- **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.

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)
- Avoid touching your eyes, nose, and mouth with unwashed hands.