



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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