

Cleaning Tips to Limit COVID-19 Survival in the Home

The Centers for Disease Control (CDC) has provided home cleaning guidance for slowing the spread of this virus in homes of people with presumptive or confirmed COVID-19.

Transmission of coronavirus occurs much more commonly through respiratory droplets. Current evidence suggests that novel (new) coronavirus may remain viable for hours to days on surfaces and objects made from a variety of materials.

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. While cleaning does not kill germs, it lowers their numbers and the risk of spreading infection.



Disinfecting refers to using chemicals to kill germs on surfaces. While not necessarily cleaning dirty surfaces or removing germs, disinfecting can further lower the risk of spreading infection by killing those on surfaces.



When disinfecting areas, use alcohol solutions with at least 70% alcohol or EPA-registered household disinfectants. Diluted household bleach solutions can be used if appropriate for the surface. Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water. Be sure the bleach is not expired.

- Wear disposable gloves to clean and disinfect.
- Clean visibly dirty surfaces using a detergent or soap and water **prior** to disinfection.
- **Never mix cleaning products! Always use proper ventilation!**
- Practice routine cleaning of frequently-touched surfaces (for example: tables, doorknobs, light switches, handles, desks, phones, toilets, faucets, sinks) with household cleaners and **EPA-registered disinfectants** that are appropriate for the surface. Follow label instructions.
- Don't forget cellphones. Many manufacturers, including Apple, have provided cleaning recommendations that address the COVID-19 pandemic. Check with your provider.
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination. Use EPA-approved cleansers appropriate for the surface.
- Read and follow directions on labels of laundry and other clothing items as well as detergent.

Additional laundering tips to combat the COVID-19 virus:

- If someone in the home is COVID-19 presumptive or confirmed, wash their laundry separately. Wear disposable gloves when handling their laundry.
- Do laundry frequently as viruses can live on clothing up to three days.
- Use warmest washing settings for clothing material.
- Dry clothing in a dryer as viruses do not like heat.
- Avoid shaking out the laundry as it can spread the virus through the air.
- Clean and **disinfect clothes hampers** according to guidance for its surface

Cleaning Utensils

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them thoroughly with soap and water. Wear gloves when handling utensils used by someone who is ill.