



## COVID-19 Cleaning Tips

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Based on what is currently known about COVID-19 and similar coronaviruses, spread from person-to-person with these viruses happens most frequently among close contacts (within about six feet) via respiratory droplets. Transmission to people from surfaces contaminated with the virus has not been documented (coronavirus transmission occurs much more commonly through respiratory droplets), but current evidence suggests COVID-19 may remain viable for hours to days on surfaces made from a variety of materials.

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 and community settings.

The following guidance provides recommendations on the cleaning and disinfection of households aimed at limiting the survival of COVID-19. These recommendations will be updated if additional information becomes available. Guidelines are focused on household settings and are meant for the general public.

### **Recommended Strategies to Use Now:**

- Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants appropriate for surfaces, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions to take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Household members should educate themselves about COVID-19 symptoms and preventing the spread of COVID-19 in homes.
- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)
- In the bedroom/bathroom dedicated for an ill person: consider reducing cleaning frequency to as-needed (e.g. soiled items and surfaces) to avoid unnecessary contact with the ill person.
- As much as possible, an ill person should stay in a specific room and away from other people in their home, following home care guidance.
- The caregiver can provide personal cleaning supplies for an ill person's room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate. These supplies include tissues, paper towels, cleaners and EPA-registered disinfectants (examples found here: [\[link\]](#))

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>.

- If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as practical after use by an ill person to clean and disinfect the high-touch surfaces.
- Household members should follow home care guidance when interacting with persons with suspected/confirmed COVID-19 and their isolation rooms/bathrooms.

## **How to Clean & Disinfect**

### **Surfaces**

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated 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.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
  - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
    - ✓ Prepare a bleach solution by mixing:
      1. 5 tablespoons (1/3rd cup) bleach per gallon of water or
      2. 4 teaspoons bleach per quart of water
    - A list of products with EPA-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at:  
<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf> Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's

instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
  - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or use products with the EPA-approved emerging viral pathogens claims (examples: <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>) that are suitable for porous surfaces.

### **Clothing, towels, linens and other laundry**

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
  - If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
  - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
  - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
  - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.