



Cleaning and Sanitizing Your Home to Prevent Illness

At home, frequently touched surfaces such as table tops, work surfaces, phones, TV remotes, keyboards, door knobs, faucet handles and toilet handles should be cleaned and disinfected daily.

- Clean using a household cleaners or soap and water. Follow instructions on the label to mix the solution
 - Regular cleaning of frequently touched surfaces will decrease the numbers of germs and viruses and decrease the risk of spreading infection.
- After cleaning surfaces, to kill germs and viruses, a disinfectant should be used. Household products that are labeled as a disinfectant are likely to be effective. Lists of products that have been reviewed by EPA for effectiveness is available at:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
- If household bleach is used to disinfect surfaces, mix 5 tablespoons (1/3rd cup) bleach per gallon of water, or 4 teaspoons bleach per quart of water
 - **NEVER** mix bleach with ammonia or any other cleanser.
 - Do not wipe surfaces dry after using the bleach solution. Surfaces should remain wet for at least 10 minutes to be most effective.
- Alcohol solutions of at least 70% alcohol may be used to disinfect surfaces.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

What to do if you have a sick family member in your home

- The sick household member should have their own bedroom and bathroom if possible.
- If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person.
- Avoid sharing household items such as dishes, drinking glasses, cups, utensils, towels, bedding and any other items you normally share.
- The ill person should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in the dishwasher.
- If possible dedicate a lined trash can for the ill person.
- Wash laundry thoroughly at the warmest temperature recommended by manufacturer. Dry clothing completely. Do not shake laundry as it may disperse the virus into the air. Wear gloves when touching laundry. Wash hands immediately after removing gloves. Immediately wash clothes or bedding that has blood, stool or body fluids on them.
- Clean and disinfect clothes hampers or use a bag liner that can be laundered or disposed of.
- The caregiver can provide personal cleaning supplies for an ill person's room and bathroom unless occupied by a child the chemicals may be inappropriate.
- Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol based sanitizer that contains 60-95% alcohol.

- Avoid touching eyes, nose and mouth with unwashed hands.
- Ill persons should wear a facemask (if available) when around other people.
- Dispose of all disposable gloves, face masks and other contaminated items in a lined container before disposing of them with other household waste.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>