Cleaning and Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect (Per CDC Guidelines)

Wear disposable gloves to clean and disinfect.

Clean

- Clean 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 disinfectant.**
  
  **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.
  
  **Leave solution on the surface for at least 1 minute**

  **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.**

[Detailed disinfection guidance]
Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** That meet EPA’s criteria for use against COVID-19.
Electronics

For electronics, such as tablets, touch screens, keyboards, and remote controls.

- Consider putting a wipe able 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

For clothing, towels, linens and other items

- **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.

When Someone is Sick

Bedroom and Bathroom

Keep separate bedroom and bathroom for sick person (if possible)

• The sick person should stay separated from other people in the home (as much as possible).
• If you have a separate bedroom and bathroom: Reduce cleaning to as-needed (e.g. soiled items and surfaces) to minimize the amount of contact with the sick person.
  o Caregivers can provide personal cleaning supplies to the sick person (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants.
• If shared bathroom: Clean and disinfect after each use by the sick person. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
• See precautions for household members and caregivers for more information.
Food

- **Stay separated:** The sick person should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.

[Clean hands](#) after handling used food service items.
Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the sick person. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.