

Cleaning Tips

Cleaning surfaces that are touched regularly is recommended to help remove germs. Cleaning helps to lower the number of germs and reduces risk of spreading infection.

Cleaning Supplies:



Soap and water are recommended to remove the virus from surfaces.

Bleach is a disinfectant and is effective at killing the virus. Only use bleach if:

- It is **NOT** expired.
- It says, "intended for disinfection."
- It is mixed with water (4 teaspoons bleach per quart of water).
- You can open windows in your home.
- It is **NOT** mixed with any other cleaning product.



A bucket and rags are helpful.

You can use gloves while you clean if you choose.



Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Problem Solving:

Problem	Potential Solution
I do not have cleaning supplies.	It can be hard to find disinfectant at the stores, since so many people need it right now. If you do not have any disinfectant, it is okay. The first step is to use soap and warm water and soap is still available at stores. If you cannot disinfect after cleaning, that is okay. Focus on cleaning high touch surfaces (door handles, counter tops, drawers and cabinets, stair rails) once per day.
I do not have gloves to use when I am cleaning.	Many stores have sold out of gloves. If you do not have gloves to use it is okay. Just remember to try not to touch your face while you are cleaning and wash your hands as soon as you are done.
How do I clean if someone in my house has COVID-19?	If someone in the home is ill, that person should stay in specific room and away from other people in the home as much as possible. You can provide cleaning supplies to an ill person so they can clean and disinfect the room(s) they are using. If you must share a bathroom then it should be cleaned and disinfected after each use by someone who is ill. Do not share a trashcan and consider using disposable food service items.

Helpful Websites Related to Cleaning:

 Centers for Disease Control and Prevention <small>CDC 24/7: Saving Lives, Protecting People™</small> Cleaning and Disinfecting Your Home https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html	 Centers for Disease Control and Prevention <small>CDC 24/7: Saving Lives, Protecting People™</small> Cleaning and Disinfection for Households https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html
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