

Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

how to clean and disinfect

IMPORTANT: 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
- Alcohol solutions with at least 70% alcohol.

To make a bleach solution, mix:
5 tablespoons (1/3rd cup) bleach per gallon of water
OR 4 teaspoons bleach per quart of water

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.

electronics

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

- Consider putting a wipeable 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

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Do not shake dirty laundry.
- Clean and disinfect clothes hampers according to guidance above for surfaces.
- Remove gloves, and wash hands right away.

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 person who is sick.
- 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.

duration of coronavirus on surfaces

Test performed with the coronavirus SARS-CoV-1. Similar behaviors have been described in the new coronavirus (SARS-CoV-2 or Covid-19).



Aluminium
2 - 8 hours



Gloves
8 hours



Wood
4 days



Glass
4 days



Paper
4-5 days



Plastic
5 days

when someone at home is sick ...

bedroom and bathroom



- Keep separate bedroom and bathroom for a person who is sick (if possible)
- The person who is sick should stay separated from other people in the home (as much as possible).

- If you have a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
 - Caregivers can provide personal cleaning supplies to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants. If they feel up to it, the person who is sick can clean their own space.
- If shared bathroom: The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

IMPORTANT: If the patient needs to leave the room, he/she should wear a surgical mask (without filters) and keep a safe distance.

food



- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands after taking off gloves or handling used items.**

trash



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

RECOMMENDATIONS:

Avoid contact with the person with symptoms, especially vulnerable groups: the elderly, immunosuppressed or pregnant women.

Try to ensure that only one person provides care to the patient.

Disinfect frequently taps, switches and doorknobs, especially if the patient uses the common areas.

Sources:

Centers for Disease Control and Prevention, Organización Colegial de Enfermería de España, Journal of Hospital Infection, The New England Journal Medicine