

CLEANING & DISINFECTING FOR COVID-19

How to clean your house to help keep your family healthy

THINGS TO KNOW ABOUT COVID-19

- COVID-19 is caused by a virus (coronavirus)
- The virus can live on surfaces for several days
- Ways we normally clean may not kill the virus
- You should first **clean**, then **disinfect**
- Choose a disinfectant that will kill the virus
- Cleaners can hurt you if not used safely

PROTECT YOURSELF WHEN CLEANING

- Wash your hands with soap and water before and after cleaning.
- Wear a mask and glasses to protect from the virus and chemicals.
- Wear disposable gloves; do not touch your face.
- Open a window and turn on fans when cleaning.
- Always follow directions on product labels.
- Store all products safely away from children.

CLEAN, THEN DISINFECT

Cleaning removes germs and dirt from surfaces, but cleaning does not kill germs.

Disinfecting uses chemicals to kill germs, and works best on clean surfaces.

It is important to **clean, then disinfect**, to get rid of the virus.

TIPS FOR CLEANING AND DISINFECTING HOUSEHOLD ITEMS

Cleaning hard surfaces (tables, doorknobs, sinks, faucets, toilets)

- **Clean** using soap or household cleaner, **then disinfect**.
- It is most important to **disinfect things people touch often**.

Laundry

- Carry sick person's laundry in a plastic bag.
- **DO NOT** shake **laundry** before washing.
- Wash clothes in **hot water** and dry completely.

Electronics (phones, keyboards, remote controls)

- Put a clear wipeable cover on device so cleaners don't harm electronics.
- Wipe **with 70% rubbing alcohol and dry completely**.

Soft items (wallets, rugs, couches, curtains)

- If possible, wash with soap and water
- Or, disinfect with fabric-safe product or hydrogen peroxide.

Groceries and shopping

- Use curbside pickup if you can.
- If you go in a store: wear a mask, disinfect cart, don't touch your face, wash your hands after.
- Groceries are not thought to be a big risk, but you can choose to:
 - Throw out packaging or wipe with disinfectant.
 - Rinse fruits and vegetables with water.
 - Leave non-perishable items out for a few days before touching.

For more information on cleaning and COVID-19, visit virussafehousekeeping.urmc.edu or www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

SAFER DISINFECTING

- Especially if someone in the house is sick, **disinfect things they may touch** or breathe on.
- Disinfectants can kill the virus, but they **must be used correctly**.
- Disinfectants **can cause breathing problems**, asthma attacks, skin burns, or poisoning.
- If you purchase a disinfecting product, check to make sure it kills coronavirus.*
- Or use **Hydrogen Peroxide, Isopropyl (Rubbing) Alcohol, or diluted Bleach** to disinfect.

DISINFECTANTS ARE POISONS



If someone swallows bleach or another disinfectant, or has breathing or skin problems, call:
Poison Control Center (800) 222-1222

HOW TO DISINFECT

- **Wet** the surface with disinfectant.
- Use a **cloth**, not a sponge.
- If you use a **spray bottle**, set for **“stream,”** not **“mist”** so you don’t breathe it in.
- Make sure the surface **stays wet for 5 minutes**.
- Rinse well.
- Wipe or let air dry.

*Products that can disinfect for COVID-19 and are registered for use in New York are listed at:
https://www.dec.ny.gov/docs/materials_minerals_pdf/covid19.pdf

WHAT TO DISINFECT WITH

Buy a disinfecting cleaner* or you can use:

- 3% Hydrogen Peroxide
OR
- 70% Isopropyl (Rubbing) Alcohol
OR
- Diluted Household Bleach

NEVER MIX cleaners or chemicals like ammonia, bleach, vinegar, or rubbing alcohol - this can **create poison gases**

ALWAYS follow instructions on container

IF YOU USE BLEACH, remember:

- Add 1/3 to 1/2 cup of bleach to 1 gallon cold water, depending on your kind of bleach
- Use diluted bleach within one day
- Bleach can cause breathing problems, asthma attacks, skin burns, or poisoning - use safely!
- People with asthma or breathing problems should not breathe in bleach fumes.

REMEMBER: PROTECT YOURSELF!

1. **Wear a mask and gloves**
2. **Don’t touch your face,**
3. **Open a window and turn on fans**
4. **WASH YOUR HANDS BEFORE AND AFTER cleaning**

QUESTIONS?

You Can Contact:

- Monroe County Department of Public Health COVID19@monroecounty.gov
(585) 753-5555
- Finger Lakes Children’s Env. Health Center
FLCEHC@urmc.rochester.edu
(844) 352-3420

Or visit:

- Virussafehousekeeping.urmc.edu