

How to Protect Your Home from the Spread of COVID-19

LAUNDRY

FOR CLOTHING, TOWELS, LINENS AND OTHER ITEMS

Wear disposable gloves. If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.

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

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.

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.

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.

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.

Source: The Centers for Disease Control and Prevention (CDC)

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fdisinfecting-your-home.html