

# Coronavirus/COVID-19 General Recommendations for Residential Cleaning and Disinfection

## Background

COVID-19, also known as the novel coronavirus, is a respiratory illness that is spread through the air via respiratory droplets from an infected person or by touching contaminated surfaces. Symptoms of the virus can include fever, cough, and/or shortness of breath. Please check the [EMD website](#) for the most current information.

## Residential Cleaning and Disinfection with Suspected/Confirmed Cases Of COVID-19

Daily cleaning of frequently touched surfaces is highly recommended using household cleaners and [EPA-registered disinfectants](#) that are appropriate for the surface. Do not mix chemicals and always follow instructions on label. Follow all precautions listed on the label such as wearing gloves and making sure you have good ventilation while using the product.

## General Recommendations:

**Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks)**

### ➤ *In the bedroom/bathroom that is dedicated for an ill person:*

- Reduce cleaning frequency to “**as-needed**” (e.g., soiled items and surfaces) in order to avoid unnecessary contact with the ill person.
- As much as possible, an ill person should stay in a specific room and away from other people in their home.
- The caregiver can provide personal cleaning supplies for an ill person’s room and bathroom, unless the room is occupied by child or another person for whom such supplies would not be appropriate.
- Provide the ill person with supplies including: tissues, paper towels, cleaners and EPA-registered disinfectants.
- If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by the ill person. If this is not possible, the caregiver should wait as long as practical after use by the ill person to clean and disinfect the high-touch surfaces.
- Residents should follow [home care guidance](#) when interacting with persons with suspected/confirmed COVID-19 and their isolation rooms/bathrooms.

## **How to Clean and Disinfect:**

### **Hard Surfaces (Counter tops, tables, door handles, etc.)**

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Wash hands immediately after gloves are removed.

- If surfaces are dirty, cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, most common EPA-registered household disinfectants should be effective.
  - A list of products that are EPA-approved for use against the virus that causes COVID-19 is available [on the EPA website](#). Follow manufacturer's instructions for all cleaning and disinfection products for (concentration, application method and contact time, etc.).
  - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least one minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3 cup) bleach per gallon of water or
  - 4 teaspoons bleach per quart of water

### **Soft (Porous) Surfaces**

When cleaning soft (porous) surfaces such as carpeted floor, rugs, and drapes; first remove any visible contamination, then use cleaners that are labeled as appropriate for the surface. After cleaning, launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

### **Electronics**

For electronics such as cell phones, tablets, touch screens, remote controls, and keyboards, remove visible contamination if present.

Follow the manufacturer's instructions for all cleaning and disinfection of electronic device.

- If no manufacturer guidance is available, consider using alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.

### **Linens, clothing, and other items that go in the laundry**

Launder items as appropriate in accordance with the manufacturer's instructions. Launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

- Wear disposable gloves when handling dirty laundry from an ill person and then discard gloves after each use. If using reusable gloves, limit their use to cleaning and disinfection of surfaces for COVID-19. Do not use gloves for other household purposes.
- Wash hands immediately after handling dirty laundry and every time gloves are removed.
- Do not shake dirty laundry. This will minimize the possibility of dispersing virus into the air.
- Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, line hamper with a disposable trash bag or a fabric liner that can be laundered.

## **Hand Hygiene and Other Preventive Measures**

Household members should [wash hands](#) often, including immediately after removing gloves and after contact with an ill person.

Wash hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used.

Household members should follow normal preventive actions while at work and home such as washing hands often, and avoiding touching the eyes, nose, or mouth with unwashed hands.

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 caring for another person who needs assistance (e.g. a child)