

# 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](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)