THE CORONAVIRUS THAT CAUSES COVID-19 SPREADS EASILY

HELP SLOW THE SPREAD

Basic cleaning supplies

☐ Cleaners  
(dish soap and alcohol)

☐ 2 buckets or spray bottles  
(one for soap and one for rinse water)

☐ 2 cleaning cloths  
(microfiber cloths work well but any cotton cloth such as an old but clean cotton sock or shirt will do just as well)

☐ Clothes line  
(for airing hard to clean items like blankets, rugs, and draperies; and to kill the virus from clothes)
### What to clean and with what

- **Dish soap**: Soap inactivates the coronavirus that causes COVID-19 by dissolving the lipid (fatty) membrane that envelops the virus.
- **Microfiber cloths or mops**: Soap and water with microfiber cloths or mops can safely remove the virus from wood, metal, and plastics.
- **Alcohol and air dry**: For electronics such as cell phones, remotes, tablets, keyboard and tv screens use alcohol and air dry.
- **Opening windows and doors**: Is the safest way to clean the air inside your home.

### How often to clean

#### At Least Twice A Day
- Commonly touched items and surfaces
- **Phone**, **Doorknob**, **Keyboard**, **Remote Control**

#### Daily
- Anywhere people in your house come together
- **Bathroom**, **Living Room**, **Kitchen Counters & Sink**, **Eating Area**

#### Weekly
- Less commonly used area
- **Bookshelves**, **Bedding**, **Closet**, **Floor**

### Special considerations

- **Toddlers or crawling infants**: Keep floors clean daily and look for objects that children may put in their mouths.
- **Person in home living with COVID-19**: Separate items used only by person in home living with COVID-19 (e.g., towels, eating utensils). Use protective gear to disinfect sick area.
- **Disinfectant wipes if you do not have water**: Do not add other chemicals to wipes. Be sure to follow instructions for how long something needs to be "wet" to disinfect properly.
- **Care Givers**: Bring clean shoes to put on in a house where you’re providing care so you don’t spread anything you walked on all over the house.
- **Clean home more often when**
  - A person in home is living with COVID-19. When 2+ people live in home. When 1+ child lives in home.

### Use Precautions When Using Bleach

*Bleach can trigger asthma symptoms but is one way to disinfect areas contaminated with the coronavirus that causes COVID-19. Alcohol solutions with at least 70% alcohol may also be used.*

#### To clean household surfaces:
- Follow manufacturer’s instructions for safety use and wet surface area for a period of time.
- Use gloves and eye protection and keep away from children.
- Ensure product is not past its expiration date.
- Dilute household bleach solution in a well-ventilated room or prepare outside.

#### To make bleach solution, mix:
- 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.
- Bleach solutions will be effective for disinfection up to 24 hours.