

# Coronavirus Disease 2019 (COVID-19)

## Disinfecting your home if someone is sick

As part of your everyday prevention actions **clean and disinfect frequently touched surfaces and objects**. For example: tables, countertops, light switches, doorknobs, and cabinet handles.



**⚠️ Wear disposable gloves to clean and disinfect.**

### 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

- **Use diluted household bleach solutions** 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.

**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.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

**Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping the surface wet for several minutes to ensure germs are killed.
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

**Most EPA-registered household disinfectants** [🔗](#) should be effective.



## 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.
- **Laundry 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.** [These disinfectants](#)  meet EPA's criteria for use against COVID-19.



## Laundry

For clothing, towels, linens and other items

- **Wear disposable gloves.**
- **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 an ill person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.



## Clean hands often

- **Wash your hands often** with soap and water for 20 seconds.
  - Always wash immediately after removing gloves and after contact with an ill 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.



## Food

- **Stay separated:** The ill person should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher.

[Clean hands](#) after handling used food service items.

## Trash



- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

## More Information

[Symptoms](#)

[Get your home ready](#)

[What to do if you are sick](#)

[Schools, workplaces, and community locations](#)

[Frequently asked questions](#)

[Healthcare professionals](#)

Page last reviewed: March 17, 2020