

Cleaning During the Coronavirus (COVID) Pandemic

Clean first, then disinfect.

CLEAN

Rigorous scrubbing with soap and water can destroy the virus and is important to reduce the spread of COVID.

Cleaning is done with regular **soap or detergent and water** (not antimicrobial), and is followed by rinsing and wiping.

Surfaces that people touch daily include dining tables, kitchen countertops, doorknobs, light switches, handles, phones, desks, keyboard, faucets and sinks, etc.

Clean, rinse and wipe frequently touched surfaces routinely.



DISINFECT AFTER CLEANING

If someone in the home is sick, **chemical disinfectants will provide additional protection against viruses.**

Many people are having a hard time finding household disinfectants (e.g., Lysol, Clorox Wipes,) or alcohol.

Bleach is a good chemical disinfectant **if used properly.**



CAUTION: Bleach is hazardous and can be deadly if not properly diluted. It also has dangerous fumes.

*People with **asthma** and **respiratory conditions**, especially **autoimmune diseases**, should be **very careful not to inhale bleach fumes.***

CLEANING WITH BLEACH

Proper use of bleach as a cleaner requires **proper dilution and protective equipment**, such as disposable gloves, masks and glasses.

Bleach solutions should be prepared daily to ensure their ability to safely sanitize or disinfect. **When preparing dilutions always add bleach to the water.** (This helps to avoid bleach splashes caused by adding water to bleach.)

USE CAUTION WITH CHEMICALS!

Use gloves when cleaning, and don't let the bleach touch your skin.

- ⊘ **NEVER mix bleach** with vinegar, ammonia, rubbing alcohol.
- ⊘ Do not use sponges to disinfect!!
- ⊘ Do not store sanitizing solution in beverage containers!

The recommended **DISINFECTING** dilution for 8.25% bleach is:

1/2 Cup Bleach + 1 Gallon Cool Water

1/4 Cup Bleach + 1/2 Gallon Cool Water

2 Tablespoons Bleach + 4 Cups Cool Water

1 Tablespoon Bleach + 2 Cups Cool Water

To properly disinfect, surfaces should be visibly wet and allowed to air dry
Don't bother purchasing anti-bacterials because they are not effective against viruses.



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