



# Clean & Disinfect Recommendations

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For many people, staying safe from the coronavirus means staying home. But infectious germs can live in your house, too. To minimize the risk of getting sick, the Centers for Disease Control and Prevention recommend taking action to disinfect high-touch surfaces, such as counter-tops, doorknobs, cellphones and toilet flush handles, since some pathogens can live on surfaces for several hours. The following guidelines are from the CDC:

## SURFACES

- 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. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. The Environmental Protection Agency recently released a list of approved [disinfectants](#) to kill coronavirus. **Never mix household bleach with ammonia or any other cleanser.**

**Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water.**

## CLOTHING, TOWELS, LINENS AND OTHER LAUNDRY ITEMS

- If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- 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. 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. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

## HAND HYGIENE AND OTHER PREVENTIVE MEASURES

- Household members should clean hands often, including immediately after removing gloves and after contact with an ill person, by washing 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. However, if hands are visibly dirty, always wash hands with soap and water.
- Household members should follow normal preventive actions while at work and home including recommended hand hygiene and avoiding touching 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 providing routine care for another person who needs assistance (e.g. a child)**

Content source: [www.cdc.gov](http://www.cdc.gov)