

## ENVIRONMENTAL CLEANING AND DISINFECTION

### Recommendations to Prevent Coronavirus spread

- **REMEMBER TO CLEAN FIRST, DISINFECT LATER**

- 1. **Cleaning:**

- The removal of germs, dirt, and impurities from surfaces and lowers their numbers and the risk of spreading infection.

- 2. **Disinfecting:**

- Using chemicals to kill germs on surfaces. It can further lower the risk of spreading infection.

- **USE HOUSEHOLD CLEANERS AND DISINFECTANTS ON FREQUENTLY TOUCHED SURFACES**

Routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks).

1

Before you disinfect dirty surfaces, clean them with detergent or soap and water.

2

For disinfecting, you can use alcohol solutions that contain at least 70% alcohol, household disinfectants registered with the EPA, or diluted household bleach solutions.

- **HOW TO CLEAN AND DISINFECT**

- **Surfaces:**

- Wear disposable gloves when cleaning and disinfecting surfaces.
    - Do not use gloves after each cleaning.
    - If you're using reusable gloves, don't use them for other purposes, and clean your hands immediately after the 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.
    - For soft surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

**- Clothing, towels, linens and other items that go in the laundry**

- If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- Do not shake dirty laundry.
- Use the warmest appropriate water setting for washing the items and let them dry completely afterward.
- Make sure to wash your hands afterwards.
- Wash the laundry bag that holds your clothes.

**- Clean your electronics**

- Turn off your device, lightly dampen a microfiber cloth with soap and water, and scrub the screen.
- Avoid using rubbing alcohol, disinfectants, or similar sprays because using them can damage the protective coating on your phone's screen.
- Also use a UV sanitation device, which beams UV-C rays at your phone in order to kill germs.

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**References:**

- [www.cdc.gov](http://www.cdc.gov)
- <https://www.businessinsider.com/how-to-clean-your-home-to-prevent-coronavirus-spread-2020-3>