

# HOW TO CLEAN YOUR HOME IN THE AGE OF COVID-19



With flu season approaching and COVID-19 still around, it is time to think about the best methods to clean our homes. A future installment in this series will address cleaning when someone in the house is sick.

## Clean Hands Often

- Wash your hands often with soap and water for 20 seconds.
- If water is not available, and hands are not visibly dirty, hand sanitizer with at least 60% alcohol may be used. Visibly dirty hands must be washed with soap and water.

## Cleaning Hard Surfaces

- Wear disposable gloves.
- Routinely clean frequently touched surfaces with soap and water, if visibly dirty, follow by a household disinfectant. High touch surfaces include: tables, doorknobs, chair arms, light switches, countertops, handles, desks, non-wood floors, toilets, faucets, sinks, etc.
- Use EPA-registered household disinfectants and follow the instructions on the label.
  - You can make your own disinfectant with household bleach. Unexpired household bleach will be effective against viruses and germs when properly diluted. Make sure there is proper ventilation and never mix with any other cleansers. Bleach solution disintegrates after 24 hours, so only mix what you need for that cleaning session. Discard what is not used by pouring down the sink. It will refresh your garbage disposal!
  - To make a bleach solution, mix 4 teaspoons of bleach per quart of water or 1/3 cup bleach per gallon of water. Leave solution on the surface for at least one minute.



## Cleaning Soft Surfaces

- Wear disposable gloves.
- Use soap and water appropriate for these surfaces. Launder items according to manufacturer's instructions OR disinfect with an EPA-registered household disinfectant.

## Electronics

- Consider putting a wipeable cover on electronics.
- Follow manufacturer's instructions for cleaning and disinfecting.
- Alcohol-based wipes containing at least 70% alcohol are safe. Dry thoroughly.

## Laundry

- Launder items according to the manufacturer's instructions.
- Use the warmest water setting and dry completely.
- Do not shake dirty laundry.

Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2