

# Cleaning and Disinfecting Your Home During COVID-19

## 1 Clean

Before using products that will eliminate Coronavirus, be sure to clean your home.

**Why:** Cleaning reduces germs on surfaces and removes dirt.

**What and When:** Clean high touch surfaces 1-3 times per day.

### Green cleaning products to use

- Liquid soap and water
- mix equal parts water and vinegar

## 2 Disinfect

Disinfecting kills 99.9% of germs on surfaces including coronavirus. Choose safer products like Isopropyl Alcohol or Hydrogen Peroxide.

### Isopropyl Alcohol

Kills Coronavirus germs on hard surfaces



**70%**

Use pure Isopropyl alcohol that is at least 70%. Do not dilute it.



**30 seconds**

Apply alcohol to the hard surface and let sit on the surface for at least 30 seconds to disinfect.

### Hydrogen Peroxide

Kills Coronavirus germs on hard surfaces



**3%**

Use 3% Hydrogen Peroxide. Do not dilute it.



**1 minute**

Apply to the hard surface and let sit on the surface for at least 1 minute to disinfect.



**Bleach is dangerous to use and harmful to health. Take these precautions if you use it:**

### Bleach



#### Open Windows

To increase ventilation



#### Mixing bleach

Use a disposable container to mix the bleach and cool water. **DO NOT** mix bleach with other products.



#### No spray

Spraying bleach can be harmful to health. Instead spray directly onto a cloth and then wipe the surface.



#### No sponge

Sponges contain and spread germs. Instead, use a disposable cloth.

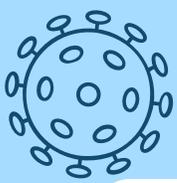


#### Safety

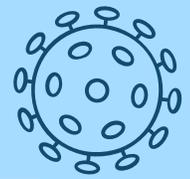
Wear gloves, eye covering, and a mask when you dilute the bleach.

#### Dilute bleach with cool water

$\frac{1}{3}$  cup bleach per 1 gallon of water  
- OR -  
1 teaspoon bleach per 1 cup of water  
1 quart = 4 cups



# Steps for keeping your home and family safe during the COVID-19 crisis



## Clean and disinfect high touch surfaces in your home 1-3 times per day:



## Keep Hands Germ free

### Wash Hands

Wash hands with soap and water for at least 20 seconds.

Wash your hands often.



### Use hand sanitizer

If soap and water are not readily available use hand sanitizer.

Use a hand sanitizer that contains at least 60% ethanol alcohol (not methanol). Try to avoid fragrances or colors.

## How to clean & disinfect your home when a family member has asthma



- Clean with a green cleaning product (such as vinegar and water) before disinfecting your home.
- Keep the asthmatic outside of the room when cleaning and disinfecting.
- Open doors and windows while you clean and for at least 10 minutes afterwards.
- Apply products to a cloth, instead of spraying directly on surfaces, to reduce inhalation exposure.
- Wash hands afterwards.



## Health conditions that put people at higher risk for more severe COVID19 illness include:

- Chronic lung disease
- Moderate to severe asthma
- Serious heart problems
- Severe obesity
- Diabetes
- Chronic kidney disease
- Undergoing dialysis
- Liver disease
- People with weakened immune systems (immunocompromised)



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