

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.

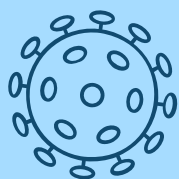


Safety

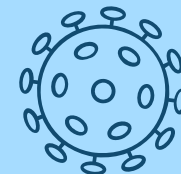
Wear gloves, eye covering, and a mask when you dilute the bleach.

Dilute bleach with cool water

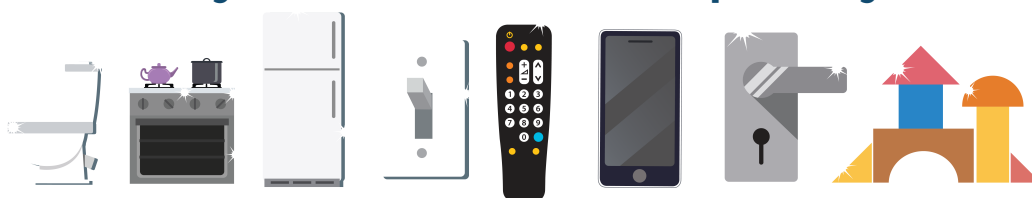
$\frac{1}{2}$ cup bleach per 1 gallon of water
- OR -
1 teaspoon bleach per 1 cup of water
1 quart = 4 cups



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, not sprayed, this will 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
- Liver disease
- People with weakened immune systems (immunocompromised)



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Infographic: Wendy Gutschow/USC

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