

## General Guidance to Clean and Disinfect Common High-Touch Surfaces



This text is excerpted directly from the CDC Website on Cleaning, April 3, 2020 and the Alaska Public Health Division, COVID-19 Cleaning High Touch Surfaces Guidance, March 12 2020. These excerpts are provided for convenience as they relate to common surfaces that should be cleaned and disinfected in performing a waste management program. Please check for updated guidance, additional guidance, and greater details at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

First of all, **a mixture of bleach and water will work for disinfection** as will most common EPA-registered household disinfectants. See below for the proper mix ratio. However, **be sure to use disinfectants and cleaning methods appropriate for the surface. And Follow the manufacturers' instructions.** Otherwise, your product might get damaged and/or it might not get disinfected.

**Hard (Non-porous) Surfaces including tables, doorknobs, light switches, countertops, handles, desks, landline phones, keyboards, toilets, faucets, and sinks.**

### ◆ Clean AND disinfect frequently touched surfaces.



- Wear gloves when cleaning and disinfecting surfaces. Consult the glove manufacturer's instructions for cleaning and disinfection products used.
- Disposable 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.

#### You can use your household bleach to disinfect hard surfaces.

Mixing the right amount of bleach with water will be effective against Covid-19. Be sure to measure out the EXACT amount of bleach and water. Use a measuring spoon or measuring cup. Too little bleach will not kill the virus. Too much bleach can be very hazardous to your health. It also wastes bleach. *More bleach than needed is not more effective.*



#### Mix

5 Tablespoons or One-third Cup (1/3 Cup) bleach

#### Into:

1 Gallon of water

This is the same as 4 teaspoons into one quart of water.

**Follow** manufacturer's instructions for application, **ensuring a contact time of at least 10 minutes**, and allowing **proper ventilation** during and after application. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Never mix household bleach with ammonia or any other cleanser. And never taste or swallow it. Either action is very dangerous, and can kill. Keep bleach and any bleach mixtures away from children.

- ◆ Also, many common EPA-registered household disinfectants are effective. But **CHECK First!!!** Google 'EPA Covid disinfectants' or [click here](#). For example, at the time of this writing,

**Pine-Sol was NOT listed by EPA as effective for Covid -19. Check first before relying on it or any product. In the meantime, the household bleach mixture *is* effective, and can be used.**

### Soft (Porous) Surfaces such as carpeted floor, rugs, and drapes

Remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:



- ◆ 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.
- ◆ Otherwise, use products recommended by EPA as appropriate for Covid-19 and that are suitable for porous surfaces.

### Electronics such as cell phones, tablets, touch screens, remote controls, and keyboards

- ◆ Remove visible contamination if present.
- ◆ Follow the manufacturer's instructions for all cleaning and disinfection products.
- ◆ Consider use of wipeable covers for electronics.
- ◆ If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
- ◆ Dry surfaces thoroughly to avoid pooling of liquids.



### Linens, clothing, and other items that go in the laundry

- ◆ Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
- ◆ If no gloves are used when handling dirty laundry, be sure to wash and sanitize hands afterwards.
- ◆ 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.

