

# GUIDELINES FOR CLEANING AND DISINFECTING YOUR HOME | CORONAVIRUS (COVID-19)

## MEASURES TO TAKE WHEN A PERSON IN YOUR HOME HAS BEEN CONFIRMED TO HAVE COVID-19

### CLEANING AND DISINFECTING YOUR HOME

Always wear disposable gloves to clean and disinfect and routinely clean the surfaces you touch often.

### HARD SURFACES

- If the area is dirty, **first clean with soap and water** or another detergent.
- Once the surface is clean, use a **household disinfectant**. Follow all instructions on the product label to ensure safe and effective use.
- Alcohol solutions with **at least 70% alcohol** may be used.
- **Diluted household bleach solutions may be used** if appropriate for the surface.
  - Check the label to see if your bleach is **intended for disinfection**.
  - Make sure the product is **not past its expiration date**.
  - Follow label instructions and ensure **proper ventilation**.
  - **Leave solution on the surface** for at least 1 minute.
- **Wash dishes and utensils using soap and hot water.**
  - Handle any used dishes, cups/glasses, or silverware with gloves.

### TO MAKE A BLEACH SOLUTION:

Mix **5 tablespoons (1/3 cup)** bleach per **1 gallon** of water

OR

Mix **4 teaspoons** bleach per **1 quart** of water

**Never mix household bleach with ammonia or any other cleanser.**

## SOFT SURFACES

- **Clean the surface using soap and water** or **household disinfectant** appropriate for use on these surfaces.
- If possible, **launder items**. Be sure to follow the instructions on the product label.
- Use the **warmest appropriate water setting** and dry items completely.

## ELECTRONICS

- If the manufacturer's instructions are not available, use alcohol-based wipes or sprays containing **at least 70% alcohol**.
- **Dry surface** thoroughly.
- Consider putting a **wipeable cover** on electronics

## LAUNDRY

- Always use the **warmest appropriate water setting** and **dry items completely**.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- Remove and dispose of gloves. **Wash hands right away**.

## TRASH

- **Use gloves** when removing garbage bags, and handling and disposing of trash.
- **Dispose of used gloves and cleaning wipes/paper towels immediately** after use.
  - If you are cleaning with cloth instead of paper towels, **launder these items immediately after use**.
- **Always wash hands** after handling and disposing of trash.

**If the person you're caring for has symptoms that worsen, or if you develop symptoms of COVID-19, please seek prompt medical attention. Call 911 if you have a medical emergency such as difficulty breathing, shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.**

**For more information, visit the CDC's [COVID-19 webpage](#) or [coronavirus.dc.gov](#)**