

# Housekeeping Guidelines

## Cleaning and Disinfecting Surfaces

- **Clean AND disinfect all frequently touched surfaces daily.** This includes tables, hard backed chairs, doorknobs, light switches, remotes, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Most common EPA-registered household disinfectants will work. Use disinfectant products that are appropriate for each surface.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Wear disposable gloves when cleaning and disinfecting surfaces.** 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.
- **Use disinfectant wipes.** If not available may use diluted household bleach solutions and most common EPA-registered household disinfectants should be effective.
- **Always make sure product is safe to use on surface.**
- For 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.

## Other Disinfecting Products to Use

- **Diluted household bleach:** Unexpired household bleach will be effective against coronaviruses when properly diluted, check the bottle for the recommended water to bleach ratio (most are 4 teaspoons bleach per quart of water). Use a spray bottle to mix and dispense the solution. **Only use bleach mixture if no other manufactured bottle disinfectant or wipes are available.** Follow manufacturer's instructions for proper ventilation. Never mix household bleach with ammonia or any other cleanser. Label and date the bottle; discard at the end of the day. Only make small batches of the bleach solution, after 24 hours it's decomposition begins and makes it less effective over time.
- **Alcohol solutions:** Ensure solution has at least 70% alcohol if used on surfaces
- **Other common EPA-registered household disinfectants:** Products with EPA-approved labels. Follow the manufacturer's instructions for these cleaning and disinfection products.

## Cleaning and Disinfecting Clothing, Towels, Linens, and Other Items That Go In the Laundry

- 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.
- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. Clean hands immediately after gloves are removed.
  - If no gloves are used or available when handling dirty laundry, be sure to wash hands afterwards.
  - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
  - Dirty laundry from an ill person can be washed with other people's items.

- Clean and disinfect clothes hampers according to guidance aforementioned for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

### **Hand Hygiene and Other Preventive Measures**

- Household members should clean hands often, including immediately after removing gloves and after contact with an ill person; by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least **60%** alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Household members should follow normal preventive actions while at work and home including recommended hand hygiene.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Key times to clean hands include:
  - After blowing one's nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
  - Before and after providing routine care for another person who needs assistance (e.g. a child)

### **Other Directives and Considerations to Take**

- The ill person should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in a dishwasher. Clean hands after handling used food service items.
- If possible, dedicate a lined trash can for the ill person. Use gloves when removing garbage bags, handling, and disposing of trash. Wash hands after handling or disposing of trash.
- Consider consulting with your local health department about trash disposal guidance if available.