



Cleaning and Disinfecting

Regular cleaning and disinfecting is crucial during this time to keep yourself and your family safe. In this article, we will talk about the difference between cleaning and disinfecting, how to properly clean and disinfect, and some popular cleaning products you may already own.

- **Cleaning:** germs, dirt, and impurities that are removed from surfaces. When cleaning, germs are not killed. However, when they are removed, there are fewer germs and therefore the risk of spreading is lower.
- **Disinfecting:** killing germs with the use of chemicals. During this, dirty surfaces aren't cleaned. Instead, this process works by killing germs *after* cleaning, which can reduce the risk of spreading the germs/infection.

To ensure your safety and your family's safety, be sure to both clean and disinfect surfaces that are frequently touched. This includes tables, chairs, doorknobs, light switches, remotes, handles, sinks, etc. When using cleaning products, make sure you are following guidelines and instructions provided.

According to the CDC, to disinfect, you can use diluted household bleach solutions, alcohol solutions with at least 70% alcohol, or EPA-registered household disinfectants.

How to Clean and Disinfect

Surfaces

- When cleaning or disinfecting, be sure to wear disposable gloves
- Before disinfecting, if you notice the surface is dirty, clean it first with a detergent or soap and water

Laundry Items (clothing, towels, linens, etc.)

- Wear disposable gloves when handling dirty laundry
- Use the warmest water, and make sure items are dried fully with heat
- Don't forget to clean and disinfect clothes hampers

Popular Cleaning Products

Below is a list of cleaning products that you may have in your home already. As was stated above, be sure to read all instruction labels on products before use.

- Clorox Multi Surface Cleaner + Bleach
- Clorox Pet Solutions Advanced Formula Disinfecting Stain & Odor Remover
- Clorox Scentiva Bathroom Disinfectant Foamer and Cleaner
- Clorox Toilet Bowl Cleaner Clinging Bleach Gel
- Lysol Brand Bleach Multi-Purpose Cleaner
- Lysol Brand Bleach Mold and Mildew Remover
- Lysol Brand Cling & Fresh Toilet Bowl Cleaner
- Lysol Disinfectant Max Cover Mist Disinfectant Spray
- Clorox Wipes

To find a full list of products, visit <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>.

Homemade Cleaning Spray

If you do not happen to have any of the above name-brand products, you can always try making your own cleaning spray at home using bleach and water. These instructions came from the CDC website listed below.

Prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) bleach per gallon of water or
- 4 teaspoons bleach per quart of water

An important thing to note is to always follow the instructions for application and proper ventilation when using any product. Also, check that the product is not past its expiration date before use. Do NOT mix household bleach with ammonia or any other cleanser. For more instruction, please visit the resource below.

Resource: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>