



Cleaning and Disinfecting

Regular cleaning and disinfecting is crucial during this time to keep yourself and your family safe. This article talks about the difference between cleaning and disinfecting and how to properly clean and disinfect.

- **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.

The idea of cleaning every high-touch surface can be overwhelming, though, so we've compiled a list of the most essential spots to clean and disinfect, just in case there are any you've forgotten. Think about your average day around the house, in your car, and at the office, and clean everything you touch frequently. This list can help you get started.

- Light switches
- Doorknobs (on the inside and outside and also the locks on the doors)
- House keys and car keys
- Cellphone and landline
- Earbuds, headphones, and AirPods
- Refrigerator handle
- Oven knobs
- Small kitchen appliances
- Drawer pulls
- Sink knobs
- Bathtub knobs
- Toilet flusher
- Toothbrush
- Hairbrush
- Makeup and brushes
- Any bottles of hair care or skin care
- Desk
- Computer screen
- Computer mouse or laptop touchpad
- Computer keyboard
- Windows
- Mirrors
- TV remote
- Car door handles
- Steering wheel of your car
- Dashboard of your car (including the radio and air vents)
- Gear shift of your car
- Rearview mirror of your car

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, and wash your hands after
- Use the warmest water, and make sure items are dried fully with heat
- Don't forget to clean and disinfect clothes hampers because germs can linger

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.

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

Welcoa.org