

# DOS & DON'TS COVID-19 Home Cleaning Guide

*We all want to keep our houses clean, but household chemicals can harm our lungs. Even bleach can be dangerous if it's not used correctly! So how do we keep our families safe AND our house clean?*

## DO



- ◆ Wash your hands frequently with soap and running water – this is the BEST way to prevent the spread of disease.
- ◆ Keep surfaces clean with soap and water or detergent; use vinegar to clean mold and mildew; use baking soda as an abrasive scrub for hard-to-clean areas.
- ◆ Limit the use of chemicals like bleach - use them only to DISINFECT surfaces you touch often, like doorknobs, switches, faucet/toilet handles, tables, etc. Visibly dirty surfaces should be CLEANED first. Let disinfectant stay on surfaces for 5-10 minutes to kill germs. Follow all label instructions closely!
- ◆ Use disinfectants like Rubbing Alcohol (70 – 91%) or Hydrogen Peroxide which dry quickly & aren't as harmful to your skin.
- ◆ Keep all cleaning/disinfecting products in clearly labeled containers & keep them out of reach of children. Wash your hands after you use them.
- ◆ Anytime you use chemicals like bleach, keep the area ventilated: open a window and/or turn on the exhaust fan to allow fumes to dissipate quickly.
- ◆ Wash/dry clothes normally, using highest heat settings the clothing allows.

## DON'T



- ◆ Don't use household chemicals like bleach on your skin, especially not for washing your hands or bathing. Never spray chemicals on people!
- ◆ Don't CLEAN with bleach or other chemicals – use chemicals only to DISINFECT surfaces that have been cleaned with soap and water.
- ◆ Don't EVER mix household chemicals – you could create poison gas. Mixing 2 effective chemicals together doesn't create something even better – in fact it could be deadly!
- ◆ When diluting liquid bleach with water, DON'T use more bleach than the label instructs – using too much bleach will release unnecessary chemicals in the air and hurt your lungs, and can damage things like wood, plastic and clothing.
- ◆ Don't spray chemicals into the air! Spray a cloth/paper towel & wipe the surface instead—this limits the chemicals you breathe.
- ◆ Not all chemicals kill Coronavirus, even if the label says “99% effective.” Check the label to make sure it's effective against Human Coronavirus.\*

## LIQUID BLEACH MIXING GUIDE

### Mix Bleach with WATER ONLY

NEVER mix bleach with other chemicals. Diluted bleach loses its effectiveness after 24 hours – only mix what you need for a single day!



### To Disinfect Household Surfaces:

**Mix 5 Tablespoons of Bleach per Gallon of water, OR 4 Teaspoons of bleach per Quart of water.** Keep in clearly labeled bottle out of reach of children.



### To Disinfect Dishes:

Clean dishes with detergent and rinse, then soak for at least 2 minutes in a solution of **1 Tablespoon of Bleach per Gallon of water.** Rinse dishes and let dry.

