General Cleaning, Disinfecting Directions When You Have COVID-19 (Coronavirus)

COVID-19 (Coronavirus)

You may feel increased concern or uncertainty about being sick with COVID-19. Your health, safety and recovery are the top priorities of your health care team, today and every day.

The virus is thought to spread from person to person, mainly through respiratory droplets in the air produced when an infected person coughs or sneezes. Use this information to help keep others in your home safe.

What to Do While You are Sick

- As much as you can, stay in one room in your home, away from other people and pets.

  — Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people in your home.

  — Wash personal household items well after use with soap and water or use a dishwasher.

  — Wear a mask if you need to be around other people or pets inside or outside your home. Stay at least 6 feet away from others.

  — Have a lined trash can that only you use.

- Avoid visitors.

- Cover your coughs and sneezes. Throw away tissues right away. Wash your hands with soap and water for at least 20 seconds.

Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water aren't handy.

- If you need to share a bathroom, clean and disinfect it after each time you use it.

- Clean and disinfect high-touch areas of your room and bathroom yourself. If you cannot, someone else should clean only as needed. He or she should wear a mask and wash hands after cleaning and disinfecting.

  High-touch surfaces include tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets and sinks.

How to Clean Surfaces

Cleaning removes germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers the risk of spreading infection.

- Wear disposable gloves.

- Clean surfaces with soap and water.

- Practice routine cleaning of high-touch surfaces such as tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets and sinks.

How to Disinfect Surfaces

Disinfecting uses chemicals (such as those on the Environmental Protection Agency list) to kill germs on surfaces. This does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can lower the risk of spreading infection.

1. Wear disposable gloves.

2. Clean the area with soap and water.

3. Disinfect the surfaces by either:

   — using a household disinfectant. The Environmental Protection Agency has a list of products at epa.gov/coronavirus. Follow the directions on the label of any product you use.

   — using a diluted bleach solution. Check the label to make sure your bleach disinfects, is right for the surface you use, and it is not expired. Follow the directions for use. Wear eye protection. Leave the solution on the surface for at least 1 minute.

     • To make a bleach solution, mix: 1/3 cup (5 tablespoons) of bleach in 1 gallon of water or 4 teaspoons of bleach in 1 quart of water

   — using an alcohol solution with at least 70% alcohol.

How to Clean Other Surfaces

Soft surfaces such as rugs, carpets or drapes

■ Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.

■ Launder items, if possible. Follow the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

Electronics such as tablets, touch screens, remote controls or keyboards

■ Consider putting a wipeable cover on electronics.

■ Follow the manufacturer's directions for cleaning and disinfecting.

   — If you can't find directions, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface completely.

Laundry such as clothing, towels and bedding

■ Wash items according to the label directions. Use the warmest appropriate water setting and dry items completely.

■ Wear, or ask someone else to wear, disposable gloves when handling your dirty laundry. Your laundry can be washed with other household laundry.

■ Do not shake dirty laundry.

■ Clean and disinfect clothes hampers. Follow the manufacturer's directions.

■ Remove the gloves and wash your hands right away.

COVID-19 Resources

■ Allina Health at allinahealth.org/coronavirus

■ Environmental Protection Agency at epa.gov/coronavirus

■ The Centers for Disease Control and Prevention at cdc.gov

■ Minnesota Department of Health: health.state.mn.us

■ Minnesota Department of Health COVID hotline at 651-201-3920 or 1-800-657-3903 (7 a.m. to 7 p.m.)

Adapted from the Centers for Disease Control and Prevention.

allinahealth.org