**Cleaning and Disinfecting Tips During COVID-19**

Cleaning and disinfecting are vital to preventing COVID-19 contamination from spreading into and throughout one’s household. These terms are sometimes used interchangeably but both have different meanings. Cleaning is the process of removing dirt and germs from the surface of an item. This process alone does not kill germs. Disinfecting or sanitizing is the process of using chemicals to kill germs on surfaces. This does not necessarily clean dirty surfaces. To be the most effective, your routine should include both cleaning and disinfecting.

For households without suspected or confirmed illness, practice the following preventive actions:

* Clean the most frequently touched surfaces and objects in your household daily (e.g., mobile phones, tables, countertops, faucets, switches, doorknobs, etc.) using water and a regular household cleanser.
* Before applying a disinfectant, all dirty surfaces should first be cleaned using water and a regular household cleanser.
* Be sure to follow the manufacturer’s instructions for all cleaning and disinfecting products.

The following recommendations are for cleaning and disinfecting households with residents in self-isolation, either suspected or confirmed to have COVID-19.

* Clean and disinfect frequently touched surfaces and objects daily – especially those in common areas such as mobile phones, remotes, tables, chairs, doorknobs, switches, handles, desks, toilets and sinks.
* If possible, designate a dedicated bedroom and bathroom for the ill person and only clean and disinfect those areas as needed to minimize contact.
* Further minimize contact by providing a set of personal cleaning supplies including tissues, paper towels, cleaners and disinfectants for the ill person to use in their designated space, unless the ill person is a child unable to handle the supplies.
* If the ill person is sharing a bathroom with others in the household, that space should be cleaned and disinfected each time after an ill person uses it.

Use caution when disposing of cleaning solutions. Many cleaning solutions can have dangerous interactions when mixed or poured down the drain. The 4 main combinations to **avoid** are:

* Bleach and Vinegar – creates chlorine gas that causes coughing, breathing problems and burning/watery eyes
* Bleach and Ammonia – produces chloramine, a toxic gas that causes shortness of breath and chest pain
* Bleach and Rubbing Alcohol – combined creates chloroform
* Hydrogen Peroxide and Vinegar – makes peroxyacetic acid that is highly corrosive

All the guidelines were gathered from the [CDC Recommendations](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html) for Cleaning and Disinfection