**Cleaning & Disinfecting Surfaces**

**Cleaning** is removing dirt from surfaces.

**Disinfecting** is using a chemical to kill viruses and bacteria after cleaning.

Both actions should be increased now.

* Clean surfaces as usual, but more often during the day and week.
  + Cleaning removes visible soiled surfaces
  + Special attention to high touch surfaces
  + Clean bathrooms and kitchens as high traffic areas more frequently
* Disinfect “high touch surfaces”
  + Doorknobs and handles, push bars and plates on doors
  + Kitchen countertops, tables, sinks, water faucet handles
  + Bathroom countertops, bathroom sinks
  + Chair backs & arm rests (hard surfaces commonly touched by hands)
  + Items commonly shared
    - Examples: phone, TV remote, hairbrushes, pens, glass water or milk jugs, etc.
* Wipe high touch hard surfaces and objects with disinfectant solution
  + Allow to air dry – do not dry with cloth or paper towels

Disinfectants to be used on hard surfaces including High touch surfaces include:

* common household cleaning solutions that have the label with the word “Disinfectant”
* a Bleach solution can be made: 1 part household bleach to 9 parts water.
  + Make a new solution **each day**. Make up small amounts for use during a day

**How to Disinfect a surface:**

* wear rubber cleaning gloves (household type) to protect your hands from the disinfectant/bleach (it is hard on the skin)
* Wipe surfaces with disinfectant solution to ensure the **surface is wet with the solution**
* **Allow to air dry** – do not dry the surface with paper or cloth towel

**What not to do:**

* Do not use disinfectants on “soft surfaces” (such as couches, upholstered chairs, etc.)
  + To Clean, vacuum or use other usual cleaning processes
* Liquids such as vinegar, lemon juice are not strong enough cleaners to kill viruses/bacteria