

# Cleaning & Disinfecting Your Home after COVID-19

## A Guide for Households

### **INTRODUCTION**

It is important to clean and disinfect your home to help stop coronavirus (COVID-19) from spreading.

This guide explains how to properly clean and disinfect your home after someone with suspected COVID-19 has left or recovered.

COVID-19 mostly spreads from person-to-person through small droplets, such as those created when a person coughs or sneezes. However, it can also spread from contaminated surfaces and objects.

### **WHAT YOU WILL NEED**

Wear disposable gloves (or washing-up gloves) and aprons for cleaning.

Use disposable cloths or paper roll, and disposable mop heads.

Everything you use to clean and disinfect should be thrown away when you have finished.

If there is a lot of mess, especially where there are bodily fluids to be cleaned, wear eye-protection (disposable goggles or face shield) and protection for your mouth and nose (such as a disposable facemask).

When you have finished cleaning, double-bag the apron, gloves, used cloths, and any eye or face protection, store the bag(s) for 72 hours, then throw into your household waste bin (see 'How to deal with waste', below).

Always wash your hands thoroughly with soap and water (for at least 20 seconds) after cleaning, after removing your apron, gloves and other protection, and after touching rubbish bags.

### **WHICH CLEANING PRODUCTS TO USE**

When cleaning you should use your usual household products, like detergents and bleach, as these will be very effective at getting rid of the virus on surfaces.

Avoid using sprays directly onto surfaces. Instead, try to use bottled cleaning solutions or carefully pour or spray the product directly onto a cloth.

## Using bleach

Bleach is very effective against COVID-19 and can be used on suitable surfaces according to the manufacturer's instructions.

- Do not use bleach on urine, as it can release toxic fumes.
- For blood-stained body fluids use a concentration of 1 part bleach to 10 parts water, so 10mls bleach in 1 litre water.
- For other body fluids that are not blood-stained, use a concentration of 1 part bleach to 100 parts water, so 10mls bleach in one litre of water.



## WHAT AND HOW TO CLEAN

Clean hard surfaces and floors twice. First with warm soapy water, then with a household cleaning solution containing disinfectant or bleach.

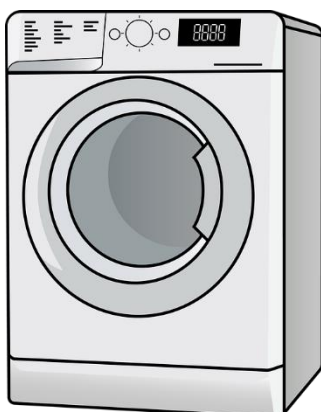
Pay special attention to cleaning objects that are touched a lot, such as hand rails, bannisters, and door handles, remote controls. Also, pay extra attention to areas where the person with suspected COVID-19 has spent a lot of time, any bathroom they have used and where they have slept.

For soft surfaces, wherever possible you should deal with these in the same way as laundry: by washing covers in a washing machine. If this is not possible, use cleaning products that are suitable for soft surfaces or steam-clean soft surfaces. If items cannot be cleaned and are heavily soiled they should be disposed of.

If appropriate, and following the product instructions, use household bleach to clean affected surfaces.

## HOW TO DEAL WITH LAUNDRY

Continue to wear apron, gloves, and any facemask or goggles while doing the laundry.



- Do not shake the laundry.
- Wash all items in accordance with the washing instructions on the garment label at the highest acceptable temperature. If possible, tumble dry the items.
- If you do not have a washing machine, wait at least 72 hours before taking your laundry to a public laundrette.
- If you have used a basket to carry dirty laundry, be sure to also clean and disinfect the basket.
- Remove apron and gloves and wash your hands before handling clean laundry.

## HOW TO DEAL WITH WASTE

- Put all rubbish from cleaning and from affected rooms into a plastic rubbish bag
- Tie the plastic bag closed

- Put the bag into a second plastic rubbish bag and tie the second bag closed.
- Store the rubbish bags securely, away from children, and away from communal areas.
- Store the rubbish for at least 72hours (3 full days) before throwing into your rubbish bin.
- Always wash your hands with soap and water for at least 20 seconds after touching rubbish bags.

