



# MAINTAINING A CLEAN HOME

## PLACES TO CLEAN

- **CLEAN** the following often:
  - High touch surfaces
    - Doorknobs, light switches, tables
  - Bathroom
  - Kitchen
- **Read all instructions on product labels**
- **Attempt to disinfect**

**CLEANING DEFINITION**  
 ~Removes dirt, dust, crumbs, and germs from surfaces or objects. When you clean, you will likely use soap (or detergent) and water to physically clean off the surfaces and objects. This may not necessarily kill the germs



## HOW TO DISINFECT

**DISINFECTING DEFINITION**  
 ~Uses chemicals to kill germs on surfaces and objects. Some common ones are bleach and alcohol solutions. You usually need to leave the disinfectant on the surfaces and objects for a certain period of time to kill the germs.

- **Find products on the EPA list N**
  - These aim to kill COVID-19
- **Homemade Bleach solutions can always be substituted for store brand ones**
  - Make sure proper gloves and attire are worn
    - Some products can stain clothing and furniture
- **Use proper ventilation and wash your hands after**
- **Read all instructions on product labels**

SOURCE:  
 1. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html#bedrooms-bathroom>  
 2. [https://medlineplus.gov/cleaningdisinfectingandsanitizing.html#:~:text=CLEANING%20REMOVES%20DIRT%2C%20DUST%2C%20CRUMBS,NOT%20NECESSARILY%20KILL%20THE%20GERMS.&text=DISINFECTING%20USES%20CHEMICALS%20\(DISINFECTANTS\)%20TO,KILL%20GERMS%20ON%20SURFACES%20AND%20OBJECTS.](https://medlineplus.gov/cleaningdisinfectingandsanitizing.html#:~:text=CLEANING%20REMOVES%20DIRT%2C%20DUST%2C%20CRUMBS,NOT%20NECESSARILY%20KILL%20THE%20GERMS.&text=DISINFECTING%20USES%20CHEMICALS%20(DISINFECTANTS)%20TO,KILL%20GERMS%20ON%20SURFACES%20AND%20OBJECTS.)





# MAINTAINING A CLEAN HOME

## CLEANING WITH A SICK PERSON AT HOME

- **If the sick person is able to clean**
  - **Provide dedicated cleaning and disinfecting supplies.**
    - **Supplies include tissues, paper towels, cleaners, and EPA List N disinfectants.**
  - **In shared spaces, the person who is sick should clean and disinfect surfaces and items after each use.**

- **If the sick person is NOT able to clean**
  - **Put on the most protective mask available and ask the sick person to put on a mask before entering the room.**
  - **Wear gloves if needed for your cleaning and disinfection product(s).**
  - **Only clean and disinfect the area around the person who is sick when needed (when the area is soiled) to limit your contact with the person who is sick.**
  - **Open outside doors and windows, and use fans and heating, ventilation, and air conditioning (HVAC) settings to increase air circulation.**

### Limit exposure in the room

- **Only clean around where the sick individual is**
- **Use proper adequate ventilation**



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### Wear a mask and gloves while cleaning!

#### ADHERE TO GUIDELINES

- \*Don't hesitate to vaccinate
- \*Mask up in crowds, large gatherings, and around unvaccinated people
- \*Clean + Disinfect often
- \*Use proper hand hygiene
- \*Maintain proper physical/social distance

