

Interim Recommendations for U.S. Households with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19)

This guidance provides recommendations on the cleaning and disinfection of households where persons under investigation (PUI) or those with confirmed COVID-19 reside or may be in self-isolation. It is aimed at limiting the survival of the virus in the environments. These recommendations will be updated if additional information becomes available. These guidelines are focused on household settings and are meant for the general public.

Sanitizing

lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.

Cleaning

refers to the removal of germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting

refers to using chemicals, for example, EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

How To Clean And Disinfect Hard (Non-Porous) Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. **Clean hands** immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

For disinfection, most common EPA-registered household disinfectants should be effective.

Visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> to find the current list of products that meet EPA's criteria for use against SARS-CoV-2, the cause of COVID-19. Follow manufacturer's instructions for all cleaning and disinfection products (concentration, application method and contact time, etc).

Additionally, diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Prepare a bleach solution by mixing:

- 5 tablespoons (one-third cup) bleach per gallon of water or,
- 4 teaspoons bleach per quart of water

CDC Guidelines

Household

Workplace

Schools

Higher Education

Always rinse thoroughly with warm water and soap after appropriate use of diluted bleach solution.

Exposure (contact or kill time) should not exceed the CDC recommended time due to the effects on the surface due to over-exposure and possible degradation of the surface. Etching and surface degradation were observed slightly on various diluted solutions using hypochlorite based products.