



Cleaning and Sanitizing

Proper hygiene is an important part of preventing the spread of contagious diseases. An area used by a large number of people requires frequent cleaning and sanitizing.

Dirt can be seen and wiped away. But while cleaning a space makes it free from dirt or other impurities, cleaning alone will not remove all germs that may be residing on a surface.

Sanitizing removes what can't be seen—disease-causing microscopic organisms, such as bacteria and viruses. So once a surface has been cleaned, it is important to sanitize any commonly touched surfaces for proper hygiene.

Products to Use for Sanitizing

1. To sanitize a surface, use a standard disinfectant, such as hydrogen peroxide. Use any concentration between 3% (common household grade) and 7.9%.
2. Another effective disinfectant is grain alcohol or rubbing alcohol. Use alcohol-based products with at least 70% alcohol. Do *not* use products with an alcohol content above 90%, as these will evaporate before killing viruses.
3. You can also use a bleach-and-water solution of 1/12 cup (4 teaspoons) of bleach per 1 quart of cool water (20 ml bleach per 1 liter of cool water). When preparing a bleach solution, always check the bottle's expiration date to ensure the bleach has not expired.

Note: *Never* mix bleach with *any* other cleaning solution or liquid except water.

4. Always read and follow the manufacturer's instructions for how to apply the disinfecting product, including the length of time it should be left on a surface.



Areas to Sanitize

1. Clean and sanitize frequently touched common surfaces and high-traffic areas in your home and workplace several times a day

Children's areas

Doorknobs

Stair rails

Countertops

Phones

Desktops

Tables

Chair arms

Any other frequently touched common surfaces

2. Sanitize your bathroom(s):

Doorknobs

Sink areas

Showers

Toilets

3. If you use a vehicle to travel, sanitize the surfaces:

Steering wheel

Door handles

Any other frequently touched surfaces