

DISINFECTING YOUR HOME WHILE CARING FOR SOMEONE SICK WITH COVID-19

The Centers for Disease Control reports that most people who get sick with COVID-19 will have only mild illness and should recover at home.* Care at home can help stop the spread of COVID-19 and protect people who are at risk for getting seriously ill. The most important thing anyone caring for someone with COVID-19 can do is wash their hands frequently for at least 20 seconds with soap and water. Beyond that, below are some ways to keep your house clean as you care for someone who is sick.



Disinfect Frequently Touched Surfaces

COVID-19 has been found to live on surfaces, so the most frequently touched surfaces need to be disinfected regularly. Some common surfaces are:



Doorknobs



Light switches



Tables



Counters



Drawers



Handles



Desks



Phones



Keyboards



Toilets



Faucets



Sinks



How to Disinfect Hard Surfaces

Use diluted household bleach solutions if appropriate, alcohol solutions with at least 70% alcohol, and other household cleaners and disinfectants.** Be sure to follow precautions listed on labels for safe and effective product use, such as wearing disposable gloves and ensuring proper ventilation while cleaning.



How to Clean Soft Surfaces

The best way to clean soft surfaces like carpets, rugs, and drapes is with traditional soap and water, soft surface household cleaners or by washing them in the laundry. Use the highest heat setting possible when laundering and dry completely to ensure it kills the virus.



How to Do Laundry

When doing laundry for someone who has contracted COVID-19, wear disposable gloves and don't shake the laundry out to avoid further contamination. Use the warmest setting, dry completely and then clean and disinfect any hampers. Wash your hands when you are finished.



How to Wash Dishes

It's best practice for a sick individual to eat on their own. After, wear disposable gloves to wash the dishes in soap and hot water, or in the dishwasher. Make sure to wash your hands afterwards.



How to Dispose of Trash

Ensure the sick person has their own, lined trash can. Use disposable gloves to remove and dispose of the trash bag. Remember to wash hands afterwards.

*Note: The guidance provided here is based on CDC guidance to date. Ansell encourages that users consult with reputable sources such as the CDC, state or local health departments, or the WHO for updates, as more information regarding the virus becomes available. The CDC states that older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

**For a full list of cleaning products approved for use in the US by the US Environmental Protection Agency when cleaning to prevent COVID-19, visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>