**Clean and Disinfect for COVID-19**

**How do I clean and disinfect?**

- **Put on disposable gloves.** Throw them away when you’re done.

- **First, clean to remove dirt.** Use soap and water to remove dirt and some germs.

- **Next, disinfect to kill germs.** Disinfectants need different times to work. Follow the directions on the label.

- **Throw away gloves and wash your hands.** Scrub hands for 20 seconds with soap and warm water.

**What should I use?**

- **Products with EPA-approved emerging viral pathogen claims.**

- **Products with at least 70% alcohol solutions.**

- **Mix 4 teaspoons bleach with 1 quart of water.**

**How often should I clean and disinfect?**

<table>
<thead>
<tr>
<th>1-3 times a day</th>
<th>Weekly</th>
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<tbody>
<tr>
<td><strong>Bathrooms, kitchens and surfaces people touch often.</strong></td>
<td><strong>Sleeping areas.</strong> Clean and disinfect more often when dirty or between people.</td>
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<td><em>Like light switches, remotes, door handles, phones and toys.</em></td>
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<td><em>Put away toys that are hard to clean.</em></td>
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Keep your family healthy. Learn more at coronavirus.cchealth.org