



# COVID-19

## CLEANING AND DISINFECTING General Rules

**What substances will kill COVID-19 on surfaces, plastic, fruit and vegetables, laundry?**

Research has shown that coronaviruses can be inactivated within a minute by:

**Alcohol:** [CDC](#) recommends using ABHR with greater than 60% ethanol or 70% isopropanol

**Bleach in house hold settings:** [PHAC](#)

To prepare diluted bleach for a solution to disinfect high-touch hard surfaces, do so according to instructions on the label or in a ratio\* of:

- 250 mL (1 cup) of water per 5 mL (1 teaspoon) bleach, or
- 1 litre of water (4 cups) per 20 mL (4 teaspoons) bleach

\* assuming bleach is 5 % sodium hypochlorite, to give a 0.1 % sodium hypochlorite solution

### Environmental Cleaning and Disinfectants in clinical settings [BCCDC](#)

	High touch and heavily soiled areas (appropriate for households with illness)	All other surfaces	Food contact surfaces
Example areas and surfaces	Toilets, light switches, doorknobs, cell phone, TV remotes, bathroom faucets	Tables, counters, floors, chairs, cribs	Any surface or equipment that contacts food
Bleach concentration in ppm (refers to the % ratio of bleach to water) OR 1-part bleach diluted in ## parts of water	1000ppm 0.1% (1:49)	500ppm 0.05% (1:99)	100ppm 0.01% (1:499)
Time to leave wet, rinsing and drying	Allow 1 minute then rinse with clean water	Allow 5 minutes, no rinse required, let air dry.	Allow to air dry, no rinse required
Frequency if everyone in household is well	Once every few days	Once per week	After each use
Frequency if someone in household has COVID-19 or symptoms of illness	Twice per day	Once per day	After each use

### Environmental Cleaning and Disinfectants in clinical settings [BCCDC](#)

Agent and concentration	Uses
1:100 dilution Chlorine: bleach – sodium hypochlorite (5.25%) 500 ppm solution 10 ml bleach to 990 ml water	Used for disinfecting surfaces and medical equipment (e.g. counters, doorknobs, stethoscope, BP cuff). Allow surface to air dry naturally.
1:50 dilution Chlorine: bleach - sodium hypochlorite (5.25%) 1,000ppm solution 20 ml bleach to 980 ml water	Used for disinfecting surfaces contaminated with body fluid and waste (vomit, diarrhea, mucus, feces) (after cleaning with water and soap first) allow surface to air dry naturally
Accelerated Hydrogen Peroxide 0.5%	Used for cleaning and disinfecting surfaces and medical equipment.
Quaternary Ammonium Compounds (QUATs) noted as ‘alkyl dimethyl ammonium chlorides’ on the product label	Used for disinfecting of surfaces (floors, walls, furnishings)

## How to clean and disinfect?<sup>1,2</sup>

Hard (Non-porous) Surfaces	<ul style="list-style-type: none"> <li>• If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.</li> <li>• For disinfection, most common EPA-registered household disinfectants should be effective. <ul style="list-style-type: none"> <li>○ A list of products that are EPA-approved for use against the virus that causes COVID-19 is available <a href="#">herepdf iconexternal icon</a>.</li> <li>○ Additionally, diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface.</li> </ul> </li> </ul>
Soft (Porous) Surfaces (carpeted floor, rugs, and drapes)	<ul style="list-style-type: none"> <li>• Remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:</li> <li>• Launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. <ul style="list-style-type: none"> <li>○ Otherwise, use products <a href="#">that are EPA-approved for use against the virus that causes COVID-19pdf iconexternal icon</a> and that are suitable for porous surfaces.</li> </ul> </li> </ul>
Electronics (cell phones, tablets, touch screens, remote controls, and keyboards)	<p>Mobile phones and other frequently touched electronics like tablets, remotes, keyboards, mice and gaming consoles can carry germs. These electronics should be cleaned and disinfected regularly.</p> <ul style="list-style-type: none"> <li>• First, remove visible dirt, grease, etc.</li> <li>• Check the manufacturer's instructions for cleaning and disinfecting.</li> <li>• If no manufacturer guidance is available, use disinfectant wipes or sprays with at least 70% alcohol.</li> <li>• Dry surfaces thoroughly to avoid pooling of liquids.</li> </ul>

<sup>1</sup> <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

	<ul style="list-style-type: none"> <li>• Do not immerse devices in liquids and do not use hydrogen peroxide or vinegar as they do not work and may damage screens.</li> <li>• Consider using plastic covers or screen protectors to make cleaning and disinfection easier.</li> </ul>
Linens, clothing, and other items that go in the laundry	<ul style="list-style-type: none"> <li>• If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.</li> <li>• If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.</li> <li>• Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.</li> <li>• Dirty laundry from an ill person can be washed with other people's items.</li> <li>• Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.</li> </ul>
Food and kitchen	<ul style="list-style-type: none"> <li>• Never use bleach or other disinfectants on food. Rinse fresh vegetables and fruits with clean potable water.</li> <li>• Utensils, pots and pans, and other dishwasher-safe food preparation items can be cleaned and sanitized in the dishwasher with a hot rinse cycle or washed with hot soapy water.</li> </ul>
Toys	<ul style="list-style-type: none"> <li>• Clean toys in hot soapy water with a brush for hard-to-reach areas prior to disinfecting; rinse thoroughly.</li> <li>• To disinfect toys: <ul style="list-style-type: none"> <li>○ Use a store-bought disinfectant that is safe for children; or</li> <li>○ Use 5.25% household bleach to make a weaker disinfectant by mixing 1 part of bleach to 499 parts water or 2mL (3/8 teaspoon) bleach to 998mL</li> <li>○ Dishwasher-safe, hard plastic toys can be cleaned and disinfected in a dishwasher with a hot rinse cycle</li> </ul> </li> </ul>
Waste	<p>If you are sick or living with someone who is sick, be careful when touching waste</p> <ul style="list-style-type: none"> <li>• All waste can go into regular garbage bins.</li> <li>• Line the wastebasket with a plastic bag. This makes waste easier and safer to dispose.</li> <li>• When emptying wastebaskets, take care to not touch used tissues with your hands.</li> <li>• Clean your hands with soap and water after emptying the wastebasket.</li> </ul>

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