

To Keep Your Home Virus-Free

Clean *and* Disinfect

The first thing you'll want to know is that cleaning and disinfecting are two very different things. The CDC recommends we all do a bit of both, even if nobody in your home is sick.

- **Cleaning** is about removing contaminants from a surface.
- **Disinfecting** is about killing pathogens.
- **Do both daily** if anything or anyone has entered or exited your home.

Transmission from person-to-person is a much greater risk than transmission via surfaces, but the CDC recommends we clean and disinfect high-touch surfaces in our homes at least once daily just to be safe, assuming we have had contact with the outside world in some way, either a person leaving and returning, or goods coming in.

Target Your Home's High-Touch Surfaces

Researchers have found that **the novel coronavirus is capable of living on surfaces such as cardboard for 24 hours, but up to two or three days on plastic and stainless steel**. Disinfecting high-touch surfaces is a step we should all take.

High-Touch Surfaces to Clean and Disinfect Daily:

- Doorknobs
- Table surfaces
- Hard dining chairs (seat, back and arms)
- Kitchen counters
- Bathroom counters
- Faucets, faucet knobs
- Toilets, (seat and handle)
- Light switches
- TV remote controls
- Game controllers

Everyone's home is a little different, so just think about the surfaces you interact with most. For me, that includes the above, plus desk surfaces and mousepads (we'll get to gadgets in a bit). Now that you know what you're cleaning, here's how you should do it.

First Clean, Then Disinfect:

1. First, *clean the surfaces*, removing any contaminants, dust or debris. You can do this by wiping them down with soapy water (or a cleaning spray) and a hand towel.
2. Then, *apply a surface-appropriate disinfectant*. The quickest and easiest way to do this is with disinfecting wipes, or disinfectant spray.

Does the Laundry Machine Work on Clothes?

Yes, mostly. Just washing your clothes with regular laundry soap and drying them at slightly higher temperature than you might have otherwise is all you have to do to disinfect your clothes.

Be sure to disinfect surfaces the dirty laundry comes in contact with, including the hamper and your hands—especially if you have a sick person in the house.

Clean and disinfect the hamper like you would any other surface and wash your hands thoroughly after handling dirty laundry from someone who is ill. The CDC recommends using a liner in your hamper.

Don't forget to clean your coat and backpack. Wiping the inside off with a disinfectant wipe should do the trick unless your jacket is machine washable.