Coronavirus Cleaning and Disinfecting Surfaces- Your Home Checklist

Sanitize high-touch surfaces once a day while on high alert about coronavirus, especially if people are leaving and returning home. Disinfect three times daily if someone in the home is sick. Leave surface damp for 60 seconds and wipe or let it dry.

Health First Consulting, LLC

DATES/TIMES

DISINFECT THESE ITEMS																								
Phones																								
Remote controls																								
Door handles-exterior doors to home																								
Kitchen faucet handles																								
Kitchen cabinet handles																								
Kitchen counters																								
Microwave keypad																								
Refrigerator handles																								
Tables																								
Children's table/chairs																								
Light switches																								
Door handles (interior rooms)																								
Bathroom light switches																								
Bathroom door handles																								
Bathroom faucet handles																								
Toilet lid and flusher																								
Computers																								
Tablets or iPads																								
Night stands																								

If someone in the home is sick with coronavirus, wash sheets, blankets, and towels in hot water with color-safe bleach. Sanitize the laundry hamper thereafter. Sanitize knobs on washer and dryer. If children are sick, sanitize stuffed animals.

Disinfectant solutions include:

- **70% Alcohol.** Use alcohol for delicate touchscreens and electronics. It's safe for *most*. Make sure to wipe them dry after waiting 60 seconds.
- **Hydrogen peroxide**
- **Water-bleach solution.** Mix 1 quart of water (= 4 cups or 32 full oz) with 4 teaspoons of bleach in a spray bottle. Make sure bleach isn't expired.

WARNING: Germs are good for our microbiome and for our immune systems! This is a *short-term* practice to reduce transmission of SARS-CoV-2, the virus that causes COVID-19. Overly sanitizing your environment isn't good for the long-term. In fact, killing all of the germs in your home could damage your immune system and cause autoimmune diseases according to the hygiene hypothesis. When more of our community is immune to the virus and hospitals can manage the burden, we can go back to letting surfaces get a little dirty and getting sick once in a while.

Read more about disinfecting and sanitizing your home to prevent coronavirus:

https://www.webmd.com/cold-and-flu/features/cleaning-hit-list

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

https://www.wired.com/story/coronavirus-disinfectant-cleaning-guide/