ENVIRONMENTAL CLEANING AND DISINFECTION RECOMMENDATIONS

Here's what you need to know about limiting the spread of the novel coronavirus (COVID-19) in your household.

Cleaning

*Cleaning*: removes germs, dirt, and impurities from surfaces. Lowers risk of infection by lowering total number of germs.

Disinfecting

*Disinfecting* uses chemicals to kill germs on surfaces. Lowers risk of spreading infection.

Clean and disinfect high-touch surfaces daily in household common areas:
- tables
- hard-backed chairs
- doorknobs, handles
- light switches
- remotes
- toilets, sinks

Contact us if you have questions or concerns:

**Coronavirus (COVID-19) Hotline**: 217-239-7877  
**Coronavirus (COVID-19) E-mail**: coronavirus@c-uphd.org

COMMONLY USED APPROVED COVID-19 FIGHTING PRODUCTS

The following products have been approved by the U.S Environmental Protection Agency to be used during COVID-19 pandemic. This list was created by the American Chemistry Council’s (ACC) Center for Biocide Chemistries (CBC).
How to Clean and Disinfect

Based on the CDC's guidance, the following should be observed to slow the spread of the novel coronavirus (COVID-19) by practicing proper cleaning and disinfecting procedures.

Surfaces

1. Wear disposable gloves; discard after each use. Wash hands immediately after use.
2. If surfaces are dirty, clean using detergent soap and water.
3. To disinfect with bleach:
   Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water.

Clothing, towels, linens and other items that go in the laundry

1. Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use.
2. Do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air. Launder items as appropriate in accordance with the manufacturer’s instructions.
3. Dirty laundry from an ill person can be washed with other people’s items.
4. 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.

Hand Hygiene: When to Wash your Hands

Wash your hands if:

- After blowing one’s nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)