



# US Army Reserve Safety Alert



## Cleaning and Disinfecting your Home

### Cleaning Surfaces

- **Cleaning surfaces using soap and water.**
- Continue routine cleaning and disinfection

### Disinfecting Surfaces

- Clean the area or item with soap and water or another detergent if it is dirty.
- Then, use a household disinfectant.
- **Disinfectants with products meet EPA's criteria** for use against COVID-19 and follow the instructions on the label.
- **Keeping surface wet** for a period of time recommended by product manufacturer. Or
- **Leave solution on the surface** for at least 1 minute
- **Wear gloves and have good ventilation during use.** (always see product label).

### Making Bleach Solution

- **Mix 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.**
- Only Diluted household bleach if appropriate for the surface.
- **Never mix household bleach** with ammonia or any other cleanser.



### Cleaning and Disinfecting your Home if Someone is Sick

- **Close off areas** used by the sick person.
- **Open outside doors and windows** to increase air circulation in the area.
- **Wait 24 hours** before you clean or disinfect.
- Clean and disinfect **all areas used by the sick person.**
- If **more than 7 days** since the sick person visited or used the facility, additional cleaning and disinfection is not necessary.
- Continue routine cleaning and disinfection.

### When Cleaning

- **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
- Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
- Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
- Always wash immediately after removing gloves and after contact with a sick person.
- Hand sanitizer: If soap and water are not available and hands are not visibly dirty use alcohol-based hand sanitizer (at least 60% alcohol). If hands are visibly dirty, always wash hands with soap and water.

### Soft Surfaces

(carpeted floor, rugs, drapes and fabrics)

- **Clean the surface using soap and water** or appropriate cleaner for these surfaces.
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.