

COVID-19

RECOMMENDATIONS FOR CLEANING AND DISINFECTION IN HOMES

WITH SUSPECTED OR CONFIRMED CASES OF COVID-19

Cleaning and disinfecting domestic spaces in which there are COVID-19 patients, or SARS-COV-2 carriers, requires special handling.

GENERAL RECOMMENDATIONS

- If possible, patients should be in separate, single, well-ventilated rooms (with windows open).
- Limit the movement of the patient in the house and minimize the space to share. Make sure shared spaces are well ventilated.
- Separate sleeping spaces even when not possible to separate rooms.
- Hand washing with soap and water for 40-60 seconds should be carried out frequently, particularly at critical times such as:
 - Immediately upon arriving home
 - Before and after eating
 - Before and after preparing food
 - After using the bathroom
 - Before and after performing a cleaning task
 - Before and after handling money
 - Before putting on or removing personal protective equipment (PPE), and especially gloves
 - After any contact with the patient.
- Hands should be dried using disposable paper towels. If these are not available, then use clean cloth towels and replace them daily, keeping such towels for the exclusive use of the patient.
- Ensure the use of PPE during cleaning: mask, goggles, gloves and aprons made of fluid resistant plastic. This PPE should be kept exclusively for personal use.
- Clean reusable gloves, apron, and goggles with soap and water, and then disinfect with a sodium hypochlorite solution at 0.1% concentration according to directions set out in the table below.
- Clean frequently touched surfaces with water and soap at least twice a day. Then, apply a sodium hypochlorite solution at 0.1% concentration (see table below), leaving the disinfection solution to act for at least 1 minute before rinsing.
- Clean all surfaces in the room used by the patient, such as the night table, bedside lamp, bed, handles and taps, with water and soap, and then apply a sodium hypochlorite solution at 0.1% concentration at least twice a day (see table below), leaving the disinfection solution to work for at least 1 minute.

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- Clean the bathrooms with water and soap and then apply a sodium hypochlorite solution at 0.1% concentration at least twice a day (see table below), leaving the disinfection solution to work for at least 1 minute.
- Flush the toilet with the lid down to avoid dripping, splashes, and spray.
- Keep bedding and eating utensils exclusively for the use of the patient.
- Place the patient's clothing, bedding, and bath and hand towels in a bag to transport them to the laundry area of the house. Do not shake dirty clothes. Wear PPE.
- Wash the patient's clothing, bedding, and bath and hand towels with hot water and soap, and dry thoroughly.
- Dispose of tissues, masks, and other patient cleaning materials in a dedicated container with bag and lid.
- Dispose of the waste from the patient's room in a double bag, for handling according to national regulations.

HOW TO PREPARE DISINFECTION SOLUTIONS

- Use the concentration of sodium hypochlorite available nationally, which is indicated on the label of the container, to mix the concentration of disinfection solution according to the intended use, following the indications in the table below.
- Use protective equipment such as gloves, mask, eye protection, and apron to mix the solutions.
- Prepare solutions daily, adjusting the amounts shown in the table below for 1 liter according to daily needs.
- Use a designated container for the prepared solutions and label the container clearly with the concentration.
- Do not reuse packaging of edible products to prepare the disinfection solution in order to avoid accidental poisoning.
- Add the appropriate amount of sodium hypochlorite to the quantity of water as indicated in the table below.
- Do not mix sodium hypochlorite with soaps or cleaners.
- Store sodium hypochlorite out of the reach and sight of children, in a safe place that is not exposed to light and heat.
- Use sodium hypochlorite products without added fabric softeners, colors, or perfumes.

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Sodium Hypochlorite concentration	Disinfection Solution Concentration							
	0.05% ¹				0.1%			
(as per label)	For hand washing and laundry				For disinfection of surfaces, floors, and cleaning utensils			
	Quantity of sodium hypochlorite		Quantity of water		Quantity of sodium hypochlorite		Quantity of water	
1%	50 ml	1/5 cup	1 L	1 qt	100 ml	2/5 cup	1 L	1 qt
3%	16 ml	3 tsp	1 L	1 qt	30 ml	1 oz	1 L	1 qt
4%	13 ml	1/2 oz	1 L	1 qt	25 ml		1 L	1 qt
5%	10 ml	2 tsp	1 L	1 qt	20 ml	4 tsp	1 L	1 qt
10%	5 ml	1 tsp	1 L	1 qt	10 ml	2 tsp	1 L	1 qt

Climate Change and Environmental Determinants of Health Unit
 Communicable Diseases and Environmental Determinants of Health Department

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¹ If you do not have soap and water, 70% alcohol gel or Hydrogen Peroxide, a sodium hypochlorite disinfectant solution at 0.05% concentration could be used to wash your hands. However, this is the least recommended option, since frequent use can lead to allergies, dermatitis, depigmentation, and even asthma.