

COVID-19

RECOMMENDATIONS FOR CLEANING AND DISINFECTION OF HOMES WITHOUT SUSPECTED OR CONFIRMED CASES

GENERAL RECOMENDATIONS

- Wash hands with soap and water for 40-60 seconds frequently, and at least in critical moments:
 - 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
- Clean frequently touched surfaces with water and detergent at least once a day. Then apply sodium hypochlorite disinfectant solution at 0.1% concentration, according to the indications in the table below, leaving the disinfectant to work for at least 1 minute before wiping it with a damp cloth.
- Clean bathrooms with water and detergent and then apply a sodium hypochlorite disinfectant solution at 0.1% concentration, according to the indications in the table below, leaving the disinfectant to act for at least 1 minute at least once a day.
- Clean fruits and vegetables with safe water.
- Change clothes and shoes upon arriving home. Wash the clothes and clean the shoes with soap and water as usual.
- Put household waste (food, containers, even gloves and face masks) in a bag or in a container with a bag inside. Close the bag and dispose of it according to national standard methods for solid waste.

HOW TO PREPARE DISINFECTANT SOLUTIONS

- Use the concentration of sodium hypochlorite available in your country, which is indicated on the label of the container, to mix the concentration of disinfectant 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. If you don't need a liter per day, make adjustments to the amounts in the table below.
- Use a designated container for the prepared solutions, and mark (label) the container with the concentration clearly.
- Do not reuse packaging of edible products to prepare the disinfectant solution in order to avoid accidental poisonings.
- Add the amount of sodium hypochlorite to the amount of water as indicated in the table below.

COVID-19

- 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.

Sodium hypochlorite concentration	Disinfectant Solution Concentration							
	0.05% ¹				0.1%			
(as per label)	For hand washing and laundry				For disinfection of surfaces and 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**

PAHO/CDE/CD/COVID-19/20-0014 • © Pan American Health Organization, 2020.
Some rights reserved. This work is available under license CC BY-NC-SA 3.0 IGO.

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.