

Virus defense at home

Use these handouts to help keep households clean



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Links to source information on the Center for Disease Control (CDC) website, [cdc.gov](https://www.cdc.gov):

- [Coronavirus 2019: Prepare Cleaning](#)
- [Coronavirus 2019: Prepare Household](#)
- [About Norovirus Transmission](#)

You can help stop the spread of virus and bacteria that cause illness by cleaning common surfaces often.

These surfaces are touched many times in a day:

- Doors and doornobs
- TV remotes and keyboards
- Counters and tables
- Sinks and faucets
- Assistive devices

TIPS:

Put colored stickers on common surfaces to identify areas to keep clean

Cleaning supplies to keep on hand:

Household cleaners and disinfectants

- Clean surfaces with soap and water or detergent
- Then use a household disinfectant
- Follow instructions on the labels

A simple bleach and water mix can be used to disinfect surfaces:

- Mix 4 teaspoons of bleach in 1 quart of COLD water

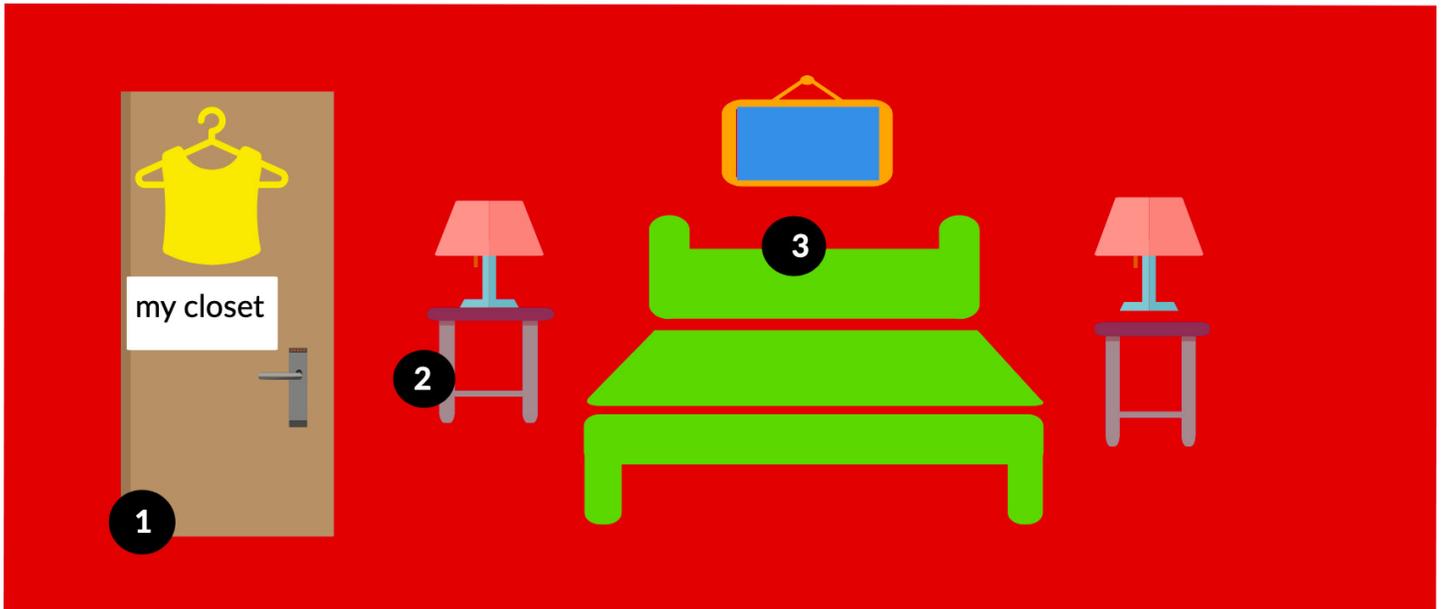
Alcohol-based wipes

- Use small wipes for TV remotes and keyboards

Vacuum or mop

Paper towels or clean towels

Virus defense at home: Bedroom



1. Closet Door

Closet door and handles are used many times in a day. Clean handles and the door area around them. Hang up clothes to keep them from picking up germs from the floor.

2. Bedside Table

Table top, TV remote, radio, water glass, drawer handle are things we touch many times. Wipe surfaces and handles. Use a clean water glass or cup each day. Wipe the TV remote or radio as you use them.

3. Bed

The head board or frame can be wiped each day. Wash pillow cases and sheets often. Keep blanket and bedspread off the floor where germs can be easily transferred.

Use these tips to keep your sleeping and dressing spaces clean

- Clean your room often
- Wipe surfaces every day
- Wash clothes and bedcovers often
- Use color stickers to mark surfaces that are often touched and need frequent cleaning

Virus defense at home: Bathroom



1. Sink

Wipe the counter and sink often. Use a disinfectant to clean the sink and faucet handles every day. Keep soap, or soap dispenser clean and dry between use.

2. Toilet

Be sure to keep the lid closed when flushing. Germs are easily spread if you flush when the lid is up. Wipe down the top, handle and sides, often. Keep your toothbrush in a drawer or well away from toilet.

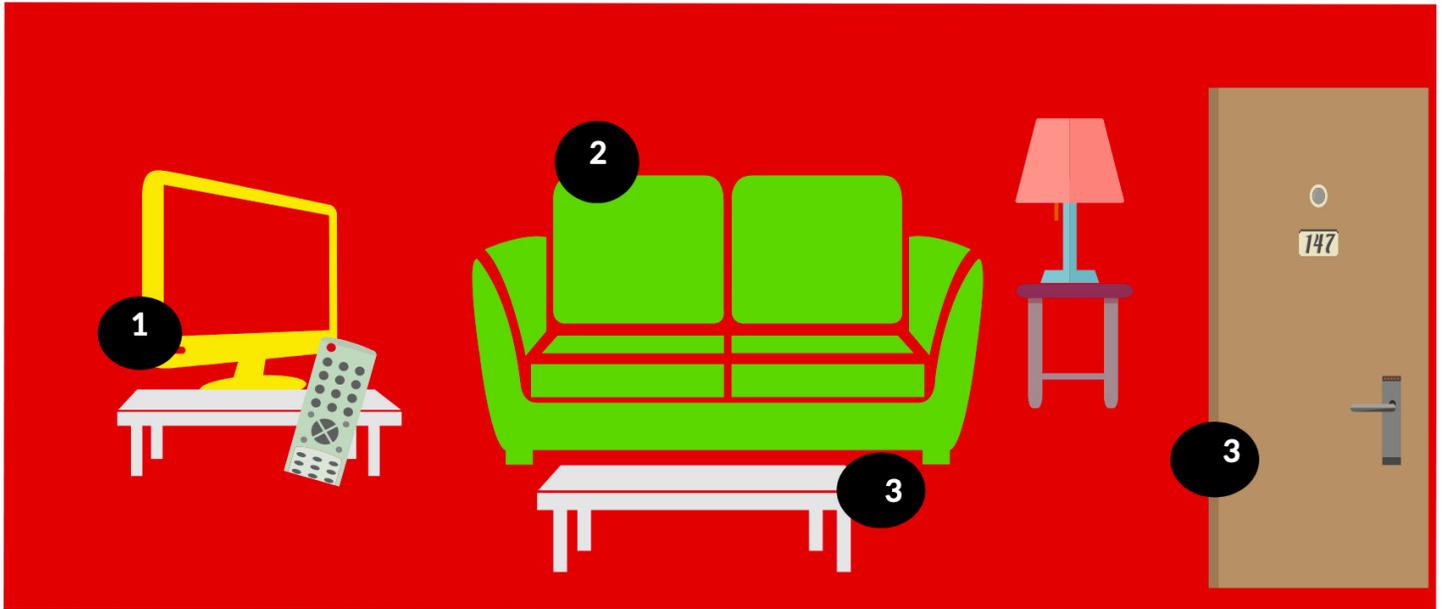
3. Shower or Tub

Clean inside and outside of tub after use. Disinfect handles and shower spout. Use a mix of simple bleach and water to rinse insides of tub and shower walls. Keep surfaces dry between use.

Use these tips to keep your bathroom clean

- Clean and disinfect surfaces and fixtures often
- Keep toilet lid closed when flushing
- Use clean towels every day, if possible
- Keep floors clean. Wash mats and rugs often

Virus defense at home: Living Area



1. TV and Computer

Clean the places that are often touched by household members. The TV remote is touched a lot. Use an alcohol wipe for a quick clean several times in a day. Wipe keyboard and mouse with alcohol wipes after using. Keep all surfaces dry.

2. Sofa

Germs can be spread where heads rest on couch pillows. Consider using a towel across the back of couch. Towels are easy to wash and change often. Dust that carries germs and bacteria can collect under the couch. Be sure to vacuum or mop to keep the area clean.

3. Table Tops and Doors

Keep table tops free of objects so it's easy to wipe clean every day. Be sure to include desktop, side table, coffee table, computer stand. Many hands open and close doors in a day. Clean door handles often.

Use these tips to keep your living area clean

- Clean and disinfect surfaces and fixtures often
- Keep floors clean
- Vacuum often if there are many people in the household and pets are allowed inside.

Virus defense at home: Kitchen



1. Refrigerator

Use a household cleaner followed by a simple bleach and water solution to clean the inside and outside of doors where hands often touch. Be sure to wipe the handles once a day. Keep all surfaces dry.

2. Oven and Microwave

Handles, buttons and dials on microwave and stove are touched many times in the day. Hands can leave small bits of food or liquid where germs and viruses can live. Clean microwave and stove surfaces daily with soap and water.

3. Sink Area

Wash hands well with soap and water before handling any food and after opening packages of meat or frozen foods. Clean the sink area each day including faucets. Use dish detergent and water. Then wipe or spray with a mist of simple bleach and water.

Use these tips to keep your kitchen clean

- Wash hands before and after handling food
- Use a sanitizing rinse on dishes and utensils
- Clean and disinfect surfaces and handles often
- Keep floors clean