

## CDC Guidelines for Cleaning Your Apartment to Combat COVID-19

As part of your everyday prevention actions **clean and disinfect frequently touched surfaces and objects**. For example: tables, countertops, light switches, doorknobs, and cabinet handles. **Wear disposable gloves** to clean and disinfect.

**Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.

### **High touch surfaces include:**

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

### **Disinfect**

- **Use diluted household bleach solutions** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.



**Follow manufacturer's instructions** for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

**To make a bleach solution, mix:**

- 5 tablespoons (1/3rd cup) bleach per gallon of water OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

**Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping the surface wet for several minutes to ensure germs are killed.
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

### **Soft Surfaces**

For soft surfaces such as **carpeted floor, rugs, and drapes**

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



- **Disinfect with an EPA-registered household disinfectant.**

## **Laundry**

For clothing, towels, linens and other items



- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from an ill person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.

## **Clean Hands Often**

- **Wash your hands often** with soap and water for 20 seconds.
  - Always wash immediately after removing gloves and after contact with an ill person.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
  - 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)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



## **Build a Buddy System**

The CDC recommends that all older adults living in Residential Living apartments create a Buddy System, find a partner to check-in on daily to ensure everyone stays well, connected and supported.

Your buddy could be your neighbor, your friend from a special interest group or someone you usually eat lunch or dinner with.

Maybe the resident council can help organize a buddy system!