

# Cleaning and Disinfecting to Reduce Exposure to COVID-19



Whatcom County  
**HEALTH**  
Department



Prevent the spread of COVID-19 by making a plan to clean and disinfect your home or business regularly.

## Reduce

- ▶ High-touch surfaces, such as tables, doorknobs, and toilets, need to be **cleaned and disinfected** often. These are surfaces that are touched frequently throughout the day by multiple people.
- ▶ **Make changes** to your space to reduce the number of high-touch surfaces and the number of people who touch them.
- ▶ **Put away** hard to clean items like area rugs or plush toys.
- ▶ **Make a list** of high-touch areas and objects that need both cleaning and disinfecting.

## Clean

- ▶ **Use soap and water** to remove dirt and germs.
- ▶ Low-touch surfaces that have not been used for 7 days or more will only need cleaning.
- ▶ For soft or porous surfaces like cloth, **use a washer and dryer** on the warmest setting possible.

## Disinfect

- ▶ **Disinfect high-touch surfaces** at least daily using an EPA-approved cleaner to kill germs. This includes:
  - ▶ Door handles, light switches and phones
  - ▶ Tables, desks, and countertops
  - ▶ Toilets, faucets, and sinks
- ▶ **Read all labels** before using a disinfectant. Misuse can be dangerous and potentially deadly.
- ▶ **Keep all disinfectants out of the reach of children.**

Need some help to get started? Use these guidelines from the CDC to know what to clean, what to disinfect, and how often.