

COVID-19

Cleaning & Disinfecting

Clean VS. Disinfect



Cleaning is the removal of visible dirt, while disinfecting kills germs by using chemicals. Colorado Department of Public Health and Environment (CDPHE) recommends cleaning followed by disinfecting, as a best practice for the prevention of COVID-19 and other viral respiratory illnesses.

What to Clean & Disinfect

Disinfect surfaces that come in contact with people, such as cellphones, tables, doorknobs, light switches, keyboards, handles, toilets, etc. Note, sanitizing and disinfecting are used to kill different germs, so the amount of product used for these are different.



Tools to Use



- EPA Approved Products- Click [here](#)
- Gloves- Disposable Gloves (throw away after use) OR Reusable Gloves (only reuse for the same purpose)
- Buckets, towels, spray bottles or other items needed based on product used

How to Clean & Disinfect

Hard Surfaces: Clean surfaces with soap and warm water. Disinfect using approved product per manufacturer's instructions, then air dry.

Porous (soft) Surfaces: Remove visible debris. Check with manufacturer of item for correct cleaner. If possible, put in laundry on warmest appropriate setting to wash and dry.



Commonly Used Products



According to CDPHE, diluted household bleach solutions, alcohol solutions (of at least 70% alcohol) and most common EPA registered household disinfectants can be used to disinfect. Check the above EPA link for more info. Bleach- DO NOT use splashless or scented. CDPHE says to mix at 1000 ppm sodium hypochlorite. For typical bleach use 5 Tablespoons bleach/gallon of water or 4 teaspoons bleach/quart, but check label on bottle as concentrations vary.

70% Alcohol- Rutgers University says, solutions of 70% alcohol should be left on surfaces for 30 seconds. Vodka and other drinking alcohols do not work for this.

Hydrogen Peroxide: Rutgers University advises to use 3% or dilute to .5% concentration. Leave on 1 minute before wiping off.

For more information, please go to Colorado Department of Public Health ([click here](#)), Center for Disease Control ([click here](#)), Rutgers University ([click here](#)) or contact CSU Extension locally at traextension@gmail.com



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