

Coronavirus (COVID-19)

Household Cleaning Advice

(Based on advice from Public Health England and Other UK Government Sources)

COVID-19, the illness caused by infection with coronavirus, is mainly passed on by person-to-person spread between people who are in close contact with one another and by droplets produced when an infected person coughs or sneezes. It can also spread through contact with a surface or object that has the virus on it. Current research suggests that the virus can live for up to 24 hours on cardboard and other porous surfaces, and for up to 72 hours on plastics and other hard surfaces although active virus levels will fall throughout that time. Social distancing including self-isolating helps reduce your chances of infection, but although the risk is low the virus can still enter your home in other ways such as on post and packaging. Cleaning and good hygiene help minimise the spread of coronavirus.

Fortunately, normal cleaning methods and products **do** kill this virus. This brief guide describes the cleaning required, the appropriate disposal of materials, the cleaning of equipment and hard surfaces, and the personal protective equipment (PPE) that should be worn.

Household Cleaning:

Cleaning an area with regular household disinfectant¹ either after someone has entered your house, or after someone with possible coronavirus has left, will reduce the risk of the infection passing on to you and other people. The same methods can be used to clean items delivered to your home.

The amount of virus living on surfaces will reduce significantly after **72 hours**. If a potentially contaminated area or item can be kept closed and/or secure, wait until this time has passed before cleaning/handling.

Wherever possible, wear disposable or washing up gloves and aprons for cleaning. If someone with possible coronavirus has been resident, these should be **double bagged** after cleaning is finished then stored securely for 72 hours before being thrown away in the regular rubbish.

If an area has been heavily contaminated, such as with visible bodily fluids, from a person with suspected or confirmed coronavirus, **consider using protection for the eyes, mouth and nose** as well as gloves and apron when cleaning.

Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use¹. Pay particular attention to **frequently touched areas and surfaces**, such as bathrooms, grab-rails in corridors and stairwells and door handles.

Wash hands regularly with soap and water, **and after removing** gloves, aprons and other protection used whilst cleaning.

Laundry:

Wash items in accordance with the manufacturer's instructions. Use the warmest water setting (ideally at least 60°C) and dry items completely. Dirty laundry that has been in contact with an unwell person can be washed with other people's items.

Do not shake dirty laundry, this minimises the possibility of dispersing virus through the air.

Clean and disinfect anything used for transporting laundry with your usual products, in line with the cleaning guidance above.

¹Alternatively, you can prepare a bleach solution by mixing 1.25 tablespoons household bleach in 1 litre of water.

The information provided here is distributed for your convenience only. Official advice changes and ultimately it is the responsibility of the recipient to confirm any advice with UK Government websites and other official sources.

Cleaning and disinfection guidance

If you have a



new and
continuous cough

or



high
temperature

stay at home for 7 days, if you live alone

stay at home for 14 days, if you live with others, including all household members

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

Stop the spread of coronavirus



Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



Cleaning an area with regular household disinfectant after someone with suspected coronavirus has left will reduce the risk of passing the infection on to other people

The amount of virus living on surfaces will reduce significantly after

72 hours

If an area can be kept closed and secure, wait until this time has passed before cleaning



Wherever possible, wear disposable or washing up gloves and aprons for cleaning. These should be double bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished



Using a disposable cloth, first clean hard surfaces with warm soapy water

Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to **frequently touched areas and surfaces**, such as bathrooms, grab-rails in corridors and stairwells and door handles



If an area has been heavily contaminated, such as with visible bodily fluids, from a person with coronavirus, **consider using protection for the eyes, mouth and nose** as well as gloves and apron

Wash hands regularly with soap and water, **and after removing** gloves, aprons and other protection used whilst cleaning