



Children's Environmental Health  
Best Practices Series

# Safely Cleaning Your Home during COVID-19

Physical distancing means spending more time at home  
Cleaning at home can provide extra protection against infection  
Clean safely with these best practices

## When is Disinfection Needed?

All households can consider routine disinfection of "high-touch" surfaces (like doorknobs).

Homes with a **confirmed or possible case of COVID-19** or especially vulnerable occupants require more thorough disinfection strategies and other precautions.

## How Can I Safely Disinfect?

Select a disinfectant such as hydrogen peroxide, correctly-diluted bleach, or another **EPA-approved disinfectant for COVID-19**.

When using, open windows for fresh air, and keep children out of the area. Children with asthma are especially sensitive to bleach and other strong chemicals.

Store these products safely, away from children.

For more information:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)  
search "Cleaning & Disinfecting"

[healthychildren.org](https://www.healthychildren.org)  
search "Cleaners, Sanitizers, and Disinfectants"

[health.ny.gov](https://www.health.ny.gov)  
for general COVID-19 info

## Disinfecting (to kill germs)

**Hydrogen peroxide** (3%) can be applied to surfaces. Let sit for at least 6 minutes.

or

**Bleach** solution can be prepared from 5.25% or 6% household bleach. (Do not use industrial strength!)

Large Batch: 1/3 cup bleach + 1 gallon cool water

Small Batch: 1 teaspoon bleach + 1 cup cool water

Wear gloves and open windows for fresh air, and keep children out of the area.

Wipe down surfaces with soap and water first to remove grime. Then apply the bleach solution so that surfaces are glistening wet. Use the "stream" setting on a spray bottle to avoid misting in the air. Allow surfaces to completely dry, or wait 5-10 minutes before wiping down.

## Caution

NEVER mix bleach with ammonia or other cleansers because it can create toxic fumes.

## Routine Cleaning (to remove dust and grime)

**All-purpose cleaner** (make your own). Spray and wipe with microfiber cloth or paper towel.

(Note: this will remove grime, but will not kill all germs.)

1 cup warm water + 1/2 cup white vinegar  
+ 3 drops unscented liquid soap

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<https://bit.ly/SafelyCleaningCOVID19>