



COVID-19

Safer Disinfecting in your Home

Did you know?

Disinfectants like hydrogen peroxide or bleach are important to kill coronavirus on household surfaces, but they must be used safely to avoid harming health and making asthma worse.

Action Plan

- **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 require more thorough disinfection strategies and other [precautions](#).
- **Children with asthma are especially sensitive to bleach and other strong chemicals.** Store these products safely, away from children. When using disinfectants, open windows for fresh air, and keep children out of the area.
- **Before disinfecting:** Clean surfaces with soap + water, then wipe dry to remove dust and grime. For regular household cleaning to get rid of dust/grime and some germs (but not to kill all germs), try this recipe:

All-Purpose Cleaner for Routine Cleaning

1 cup warm water
3 drops unscented liquid soap
½ cup white vinegar

Mix ingredients in an empty spray bottle.
Use to clean various surfaces in your home with a microfiber cloth or paper towel.

- **Select a disinfectant** such as hydrogen peroxide, correctly-diluted household bleach, or another [EPA-approved disinfectant](#) for COVID-19.
- **Hydrogen peroxide (3%)** can be applied to surfaces. If using a spray bottle, use the “stream” setting (avoid using the “mist” setting). Allow surfaces to completely dry (or wipe down with a paper towel after letting it sit for 6 minutes).

[more](#) →



- **Common household or laundry bleach (5.25% or 6%)** can also be used. Use it safely:
 - **Do not use industrial strength bleach.** NEVER mix bleach and ammonia or any other cleanser - this can create toxic fumes.
 - **Safety:** Open windows for fresh air. Wear gloves. Keep children out of the area. Using too much bleach can be harmful, especially for people with asthma.
 - **Dilute it carefully:** Use a funnel to carefully dilute the bleach with cool water. Make a fresh batch daily as it can lose strength over time.

Bleach Dilution Recipe

Small Batch:
1 teaspoon household bleach +
1 cup cool water

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

- **Apply the diluted bleach safely:** Disinfect by carefully applying to the surface until glistening wet. If using a spray bottle, use the "stream" setting (avoid using the "mist" setting).
- **Disinfecting time:** Allow surfaces to completely dry (or wipe down with a paper towel after letting it sit for 5 to 10 minutes).

Resources

For more information, visit:

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

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

For information from the NY State Department of Health, visit coronavirus.health.ny.gov/home

For more information visit: nyscheck.org/covid and nyscheck.org/rxs

Was this information helpful? Visit bit.ly/SaferDisinfectingRx to let us know.

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