

# CLEANING & DISINFECTING FOR COVID-19

## WHAT IS COVID-19 OR THE NOVEL CORONAVIRUS?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. The virus originated in China but is currently spreading in the United States and other countries. Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

## WHY SHOULD I WIPE DOWN SURFACES?

Current evidence suggests that novel coronavirus can remain on surfaces for hours to days. Cleaning surfaces by removing dirt first and then disinfecting using a product to kill germs on surfaces can help prevent the spread of novel coronavirus.

## STEPS FOR CLEANING AND DISINFECTING:

- 1. Clean surfaces** using a detergent or soap and water. Removing visible dirt and debris will help disinfecting products work better.
- 2. Disinfect surfaces** using a diluted bleach solution, an alcohol solution of at least 70% alcohol, or an EPA-registered household disinfectant or an EPA approved product effective against COVID-19. Follow all directions on the bottle as each disinfectant will have their own instructions. NEVER mix products together.
  - To make a bleach solution, mix:
    - 1/3rd cup of bleach (5 tablespoons) to 1 gallon of water OR
    - 4 teaspoons bleach to 1 quart of water
- 3. Pay close attention** to all frequently touched surfaces, such as, countertops, tables, and bathroom fixtures. Frequently touched objects such as, light switches, key pans, pens, remotes, and door handles, and frequently touched personal items, such as, phones, computer keyboards, tablets, and water bottles.
- 4. Wash your hands** after cleaning and disinfecting using warm water and soap for at least 20 seconds. If soap and water are unavailable, use a hand sanitizer containing at least 60% or more alcohol.

## WHAT ABOUT CLOTH OR FABRIC ITEMS?

Fabric items like, clothing, towels, bed sheets, and rugs, can be cleaned in a similar way. First, remove any dirt and debris. Do not shake items as this may cause any infectious particles to be released into the air. Then, wash items according to the manufacturer's directions. If possible, use warm water and dry completely. Make sure to wash your hands immediately after handling these items.

Visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> for the Environmental Protection Agency's (EPA) list of approved products effective against novel coronavirus.



**CLEAN SURFACES**



**DISINFECT SURFACES**



**WASH YOUR HANDS**

The New Mexico Department of Health is the lead agency for the statewide coronavirus response. Community members are encouraged to visit <https://cv.nmhealth.org> or call (833)-551-0518 for general questions.

Anyone experiencing symptoms of COVID-19, such as, fever, cough, or shortness of breath should call the NM Department of Health at (855) 600-3453 for guidance.