

# PUBLIC HEALTH FACT SHEET



Department of Health & Human Services

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## Cleaning and Disinfecting Hard Surfaces to Help Prevent the Spread of Disease

### What should be used to clean and disinfect hard surfaces?

When a surface is visible dirty, wash surfaces with a general household cleaner (soap or detergent), rinse with water, and follow with a disinfectant. When surfaces are not visibly dirty, you may clean with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs). Wear disposable gloves. **Make sure whatever disinfectant product you select is an EPA registered product with an EPA registration number on it.** For more information about EPA-registered disinfectants, visit [www.epa.gov/oppad001/chemregindex/htm](http://www.epa.gov/oppad001/chemregindex/htm).

### What surfaces should be cleaned and disinfected?

Keep hard surfaces that are touched often or touched by more than one person clean and disinfected as explained above. Some examples of hard surfaces include:

- countertops
- tabletops
- doorknobs/door handles
- microwaves
- bathroom surfaces
- desktops

Use sanitizer cloths to sanitize electronic items that are touched often, such as computers, keyboards, computer mice, phones, remote controls, light switches and hand-held video games. Car door handles, steering wheels, and gear shifts in vehicles should also be wiped clean with sanitizer cloths.

### What if disinfectants are not available?

If disinfectants are not available, use a chlorine bleach solution made by adding 2 teaspoons of bleach to a quart (4 cups) of water. Spray or use a cloth to apply this to surfaces and let stand for 10 minutes if possible before rinsing with clean water. For a larger quantity of disinfectant, add 5 Tablespoons bleach to a gallon (16 cups) of water. Wear gloves to protect your hands when working with bleach solutions.

### REMEMBER

**Always follow label instructions carefully when using disinfectants and cleaners. Pay attention to any hazard warnings and instructions on labels for using personal protective items (such as household gloves).**

**Do Not mix disinfectants and cleaners.**

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## **HAND WASHING INSTRUCTIONS:**

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
  - Backs of hands
  - Wrists
  - Between fingers
  - Under fingernails
- Rinse well
- Dry hands with a paper towel
- Turn off the water using a paper towel instead of bare hands

**For more information on cleaning and disinfecting hard surfaces, call (248) 858-1406 or toll free 1 (800) 848-5533.**

For additional copies, visit our website at [www.oakgov.com/health](http://www.oakgov.com/health).

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