

Coronavirus Disease 2019 (COVID-19) Cleaning and Disinfection

As part of your everyday prevention actions, regularly clean and disinfect frequently touched surfaces and objects. Cleaning of visibly dirty surfaces followed by disinfection is a best practice for the prevention of COVID-19 and other viral respiratory illnesses in community settings.

Always wear appropriate personal protective equipment and use products as specified on the label.



Cleaning

Clean surfaces using soap and water daily. Practice routine cleaning of frequently touched surfaces, especially in common areas.

Frequently touched surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfection

Use diluted household bleach solutions if appropriate for the surface.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent, if it is dirty. Then, use an Environmental Protection Agency (EPA)-registered household disinfectant*.



Soft Surfaces

For soft surfaces such as **carpeted floors, rugs, and drapes**, remove visible soil with appropriate cleaners, then launder if possible. If not possible to launder, disinfect with an EPA-registered disinfectant*.



Laundry

Wash clothing and bed linens weekly using detergent and warm water. Dry completely. Do not shake dirty laundry. Clean and disinfect hampers after emptying.

More information:

TB MED 531 Facility Sanitation Controls and Inspections

*EPA Registered Disinfectants www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>

<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1

or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



Public Health
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Army Public Health

The Army COVID-19 Information Hotline:

1-800-984-8523

Overseas DSN 312-421-3700

Stateside DSN 421-3700