

Cleaning and Disinfection Recommendations for Businesses and Community Gathering Places

Guidelines to help prevent exposure to respiratory illness, including COVID-19 in community (non-healthcare) settings

This guidance is for community facilities (e.g., schools, daycares centers, fitness centers, businesses) that are visited by the general public. Special guidance for healthcare settings is available on the Centers for Disease Control and Prevention website (cdc.gov).

Cleaning and Disinfecting are both essential to reducing germs. **Cleaning** removes dirt and germs from surfaces, but cleaning alone does not kill germs. **Disinfecting** uses chemicals to kill germs, but does not necessarily clean dirty surfaces or remove germs. Disinfectants kill germs that remain on a surface after cleaning, which further reduces the risk of spreading infection.

How to Clean and Disinfect:

Hard Surfaces

- Frequently-touched surfaces such as doorknobs, tables, handrails and desks should be cleaned and disinfected daily or more frequently.
- Fitness facilities should consider disinfecting mats, handholds, knobs and other high-touch surfaces on workout equipment between each use.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, use a **product that is approved by the EPA for emerging viral pathogens** OR a diluted household bleach solution OR alcohol solutions with at least 70% alcohol.
 - A list of **EPA approved products for emerging viral pathogens** is available at [this link](#). Follow the instructions on the label for concentration, application method, contact time, etc.
 - **Use diluted household bleach solutions**, if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to make sure the product's expiration date has not passed. Never mix household bleach with ammonia or any other cleanser. Properly diluted, unexpired household bleach is effective against coronaviruses. Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) bleach per gallon of water or
 - 4 teaspoons bleach per quart of water

Soft Surfaces

- For soft, or porous, surfaces such as carpet, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
- If the items can be laundered, clean them in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.
- For other soft, or porous surfaces, use an **EPA approved product for emerging viral pathogens** suitable for porous surfaces.

Washing Linens, Clothing, and Other Laundry

- Do not shake dirty laundry to minimize the chances of spreading germs through the air.
- Wash items according to the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and then dry items completely. Dirty laundry that has been in contact with an ill person can be washed with other people's laundry.
- Clean and disinfect hampers or carts for transporting laundry according to the guidance for hard or soft surfaces.

What to Clean and Disinfect:

- All frequently touched surfaces such as workstations, countertops, door handles, knobs, remotes, chair arms, and hand holds. Disposable wipes are handy for this purpose.
- Items often found in common areas that cannot be cleaned, such as magazines or books, should be removed.
- Clean and disinfect pens, clipboards or other items that are touched by customers during a visit.

For more information:

Please visit [RiverStoneHealth.org](https://www.riverstonehealth.org) or

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>