

# CDPHE Environmental Cleaning Guidance for COVID-19

## Households and Regulated Facilities

The Colorado Department of Public Health and Environment is providing the following recommendations to routinely clean and disinfect commonly touched surfaces to control the spread of the virus that causes COVID-19. The following guidance is based on [Interim Recommendations for US Households with Suspected/Confirmed Coronavirus Disease 2019](#) as well as [Interim Recommendations for US Community Facilities with Suspected/Confirmed Coronavirus Disease 2019](#).

Based on what is currently known about the virus, spread from person-to-person happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets. Transmission of COVID-19 to persons from surfaces contaminated with the virus has not been documented. Current evidence suggests that COVID-19 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty and high touch surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

- Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.

## How to Clean and Disinfect Surfaces

- Cleaning and disinfection after persons suspected/confirmed to have COVID-19 have been in the facility
  - It is recommended to close off areas used by the ill persons and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets. Open outside doors and windows to increase air circulation in the area. Restrict access for two hours after the sick person has left. If possible, wait up to 24 hours before beginning cleaning and disinfection.
  - Clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill persons, focusing especially on frequently touched surfaces. Continue to follow all cleaning and disinfecting recommendations provided below.
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and

should not be used for other purposes. Clean hands immediately after gloves are removed.

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Consult the manufacturer's instructions for cleaning and disinfection products used.
- Diluted household bleach solutions can be used if appropriate for the surface. Check the label on the bleach container to be sure it provides claims about disinfecting and instructions for mixing. Follow manufacturer's instructions for mixing, application and proper ventilation. Avoid using bottles of bleach that you think may be older than one year, or are past their expiration date as marked on the bottle. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
  - Prepare a bleach solution by mixing:
    - 5 tablespoons (1/3rd cup) bleach per gallon of water. This a "standard recipe," be sure to check the label as bleach comes in different concentrations.
    - 4 teaspoons bleach per quart of water
  - Products with EPA-approved emerging viral pathogens are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). The list of EPA-approved products for emerging viral pathogens expected to be effective against COVID-19 can be accessed at this link: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
  - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or
- Use products with the EPA-approved emerging viral pathogens claims (examples at this [link](#)) that are suitable for porous surfaces.

\*\*\*Clorox or similar disinfecting disposable wipes will be used on doorknobs, equipment, bathrooms, any other touched surface; Lynx Neutral disinfectant will be used in the scrubber machine for all flooring; floors will be swept then scrubber-

cleaned every evening; door knobs, bathrooms, and any other touched surfaces or equipment will be wiped down between every class

### How to Clean and Disinfect Clothing, Towels, and Linens

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. [Wash hands](#) immediately after gloves are removed.
  - If no gloves are used when handling dirty laundry, wash hands afterward.
  - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
  - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
  - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

\*\*\*Scrubber head and cleaning cloths used will be transported with no other linens in a disposable plastic bag and washed in hot water with laundry detergent

\*\*\*reusable cloth masks will be transported in a separate disposable plastic bag and washed in warm water with laundry detergent, transported to dojo in clean, sealed plastic bag