



COVID-19 PREVENTATIVE MEASURES

PREPARING FOR AN OUTBREAK IN YOUR COMMUNITY

Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces. Cleaning followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

SURFACES

- Clean surfaces using a detergent or soap and water prior to disinfection
- Diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective for disinfection.

DILUTING BLEACH

- Follow manufacturer's instructions for application and proper ventilation
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) bleach per gallon of water **or**
 - 4 teaspoons bleach per quart of water
- Use containers of bleach that have not been opened longer than 30 days

IF CLEANING UP AFTER AN INFECTED INDIVIDUAL

- Wear disposable gloves while cleaning and discard after cleaning. Follow glove removal procedure to avoid contaminating hands (go.ncsu.edu/cdcgloves) Wash your hands after removing gloves
- Clean any porous surfaces (carpets, clothing, linens, etc.) with appropriate cleaners and/or launder items using the warmest appropriate water setting. Dry completely.
- Do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.