

# COVID-19 Preventative Measures

## Cleaning and disinfection

Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces. Cleaning followed by disinfection is recommended by the CDC as 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.
- CDC recommends diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and compounds on the EPA-recommended list, found here: [go.ncsu.edu/epacovid-19](http://go.ncsu.edu/epacovid-19).
- **Note: this list is based on current data, but compounds have not been validated for inactivation of the virus causing COVID-19**

### 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 been opened no 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](http://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 spreading virus through the air.

**For more information, visit:**

[www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)

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<http://go.ncsu.edu/covid-19>

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EXTENSION