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.
  • 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). 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
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http://go.ncsu.edu/covid-19