

# Cleaning and Disinfection Tips

## Prevent the Spread of COVID-19

Clean and disinfect around your home often to help prevent the spread of COVID-19. Focus on surfaces and objects that people touch a lot, like doorknobs, light switches, remotes, cell phones, and counters.

### What's the difference between cleaning and disinfecting?

- Cleaners remove grease, dirt, and dust. Disinfectants contain chemicals that kill germs such as the virus that causes COVID-19.
- Disinfectants have to sit for long enough before you wipe them up in order to kill germs. Check the label for instructions.



### What products are effective against COVID-19?

- Commonly used cleaners and disinfectants are effective against COVID-19. Vinegar, hard alcohols, baby wipes, and lemon juice are not.
- Some products are both cleaners and disinfectants. If you can't find a combined product, use a cleaner before disinfecting.
- Disinfectants approved for use in Canada will have a Drug Identification Number (DIN) on the bottle.
- Disinfectant wipes are a combined cleaner and disinfectant but are NOT recommended for heavily soiled surfaces. Also, they will not work if they have dried out.
- If you do not have a disinfectant, use diluted, unscented bleach at a ratio of 1 part bleach to 50 parts water (ex. 5 mL of bleach per 250 mL water). Use this solution within a day as it can degrade.

### How can I make sure that I'm using products safely?

- Check the expiry date, read the label, and use only as instructed.
- Never mix chemicals together unless it says to on the label. If that is the case, follow the instructions carefully.
- Open windows or turn on exhaust fans to provide ventilation while cleaning.
- Wear gloves and personal protective equipment as recommended on the label. Wash hands after removing gloves.
- Store cleaning products in a place where children cannot get to them.

### Do I have to change the way I do dishes or laundry? What about taking out the garbage?

- No. Continue regular dishwashing, laundering, and garbage removal practices.