

COVID-19 Cleaning Practices for Individuals in Home Isolation/Quarantine



Patients with confirmed COVID-19 and individuals with close contact to patients should remain under home isolation/quarantine precautions until the risk of secondary transmission to others is thought to be low. Household members should educate themselves about symptoms and preventing the spread of COVID-19 and follow home care guidance¹ when interacting with persons with suspected/confirmed COVID-19. The decision to discontinue home isolation/quarantine precautions shall be made in consultation with healthcare providers and state and local health departments. Cleaning and disinfecting while in the home is extremely important.



Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Discard after each cleaning and wash hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- Clean and disinfect all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean and disinfect any surfaces that may have blood, stool, or body fluids on them.
- Place all used disposable gloves, and other contaminated items in a lined container before disposing of them with other household waste. Wash your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items.
- For disinfection, diluted household bleach solutions (1/3 cup of unscented household bleach per one gallon of water), alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Be sure to allow the disinfectant to remain on the surface for the appropriate contact time, as directed on the label. This will allow the disinfectant to work properly.
- For items that could be placed in the mouth of children, rinse the surface with water after the appropriate contact time of the disinfectant and air dry.
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present. Clean with appropriate cleaners as indicated for use on these surfaces. After cleaning, launder items as appropriate in accordance with the manufacturer’s instructions.

Clothing, Towels, Linens and Other Items That Go in the Laundry

- Wear disposable gloves when handling dirty laundry. If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them and keep soiled items away from your body.
- Do not shake dirty laundry. This will minimize the possibility of dispersing viruses through the air.
- Launder items, as appropriate, in accordance with the manufacturer’s instructions. Launder items using the warmest appropriate water setting for the items and machine dry items completely using the warmest appropriate setting. Dirty laundry from an ill person can be washed with other people’s items.
- Consider discarding any heavily soiled items that require scraping, scrubbing, or soaking.
- 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.





Other considerations

- Persons in isolation/quarantine should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in a dishwasher. Clean hands after handling used food service items.
- Dedicate a lined trash can for the person under isolation/quarantine. Use gloves when removing garbage bags, handling, and disposing of trash. Wash hands after handling or disposing of trash.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with any other people in the home. After use, items should be washed thoroughly with soap and water. When using a dish washing machine, utilize the sanitizing cycle, if available.
- To the extent possible, the person in isolation/quarantine should restrict their movement to one or two separate rooms if other individuals live in the home.
- In the bedroom/bathroom dedicated for a person in isolation/quarantine: consider reducing cleaning frequency to as-needed (e.g., soiled items and surfaces) to avoid unnecessary contact with the person. A shared bathroom should be cleaned/disinfected after each use by an ill person.
- Household members should wash hands often (with soap and water for 20 seconds) especially after removing gloves and after contact with an isolated/quarantined person. An alcohol-based hand sanitizer that contains at least 60% alcohol may be used when hands are not visibly dirty and soap and water are not available.
- Household members should follow normal preventive actions while at work and home including recommended hand hygiene and avoiding touching eyes, nose, or mouth with unwashed hands.
- If the weather allows, open the windows to allow fresh air and sunlight into the home.
- If you have questions about guidance for your specific home setting, or other questions about this guidance, contact your state or local health department.
- Further detail and updates can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>

For additional information please visit:

Missouri Department of Health and Senior Services website at: <https://health.mo.gov/>

The Center for Disease Control and Prevention website at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

¹For home care guidance, see DHSS Home Care Guidance Fact Sheet or visit: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

For more information: www.health.mo.gov/coronavirus

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