

## COVID-19 Cleaning and Disinfecting Alternatives

### Top 5 Ways To Disinfect When Everyday Supplies Run Out

Ohio Department of Health Director Amy Acton, M.D., MPH, offers the following suggestions for preventive cleaning against COVID-19 when-if everyday supplies, such as cleaning wipes or cleaning sprays, run out:

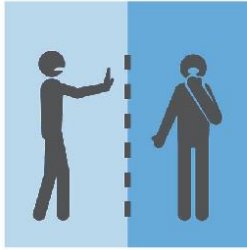
- Use a diluted household bleach solution if appropriate for the surface: 5 tablespoons (1/3 cup) bleach per gallon of water; or 4 teaspoons of bleach per quart of water. Follow the manufacturer's instructions for application and proper ventilation. Do not use if product is past its expiration date. NEVER mix bleach with ammonia or other household cleaners.
- Use an alcohol solution with at least 70% alcohol.
- Wear disposable gloves when cleaning and disinfecting surfaces. Discard gloves after use, or, if reusable gloves are used, they should be dedicated only for cleaning and disinfecting surfaces for COVID-19 and no other purposes. Clean hands immediately after gloves are removed.
- Clean hands with soap and water for at least 20 seconds.
- Remember to keep all cleaning products out of the reach of children at all times.

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).



STAY HOME  
WHEN YOU ARE  
SICK



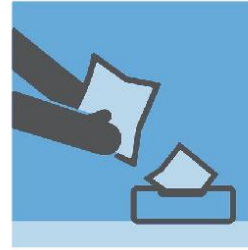
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



WASH HANDS OFTEN  
WITH WATER AND SOAP  
(20 SECONDS  
OR LONGER)



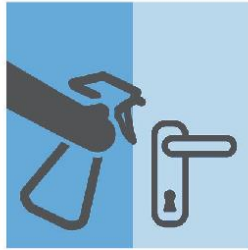
DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



COVER YOUR MOUTH  
WITH A TISSUE OR  
SLEEVE WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH WITH  
UNWASHED HANDS  
OR AFTER  
TOUCHING SURFACES



CLEAN AND DISINFECT  
"HIGH-TOUCH"  
SURFACES OFTEN



CALL BEFORE VISITING  
YOUR DOCTOR



PRACTICE GOOD  
HYGIENE HABITS