

CLEANING **VS** DISINFECTING

Two important components of maintaining a Healthy Home are **Keeping it Clean and Keeping it Contaminant Free.**

The ongoing COVID-19 crisis has raised many questions about how to safely clean and disinfect your home, and how to avoid negative impacts from chemicals used for cleaning. Here are some important tips to consider as you clean:

WHAT IS THE DIFFERENCE BETWEEN A CLEANER AND A DISINFECTANT?

- Cleaners remove dirt and germs from surfaces while disinfectants kill germs
- Disinfectants are appropriate when family members are sick, or there is a risk of getting sick
- With certain viruses and germs, cleaning may not be enough



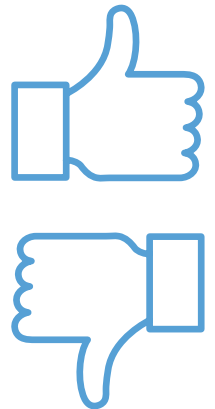
ARE ALL DISINFECTANTS HARMFUL TO OUR HEALTH?

- Disinfecting uses chemicals to kill germs and viruses that are harmful to our health. However, breathing them in can cause other health issues
- Breathing in disinfectants can result in asthma attacks and other respiratory concerns
- There are more natural ingredients for disinfectants that are less harmful to respiratory health:
 - ▶ Isopropyl Rubbing Alcohol
 - ▶ Hydrogen Peroxide



DOS AND DON'TS OF CLEANING AND DISINFECTING

- DO clean surfaces often
- DO use soap and warm water or natural all-purpose cleaners
- DO use watered down bleach when rubbing alcohol and hydrogen peroxide are not available
- Do NOT mix chemical cleaners together, like ammonia, bleach, vinegar, or rubbing alcohol



HOW TO SAFELY USE DISINFECTANTS

- Disinfectants work best on already cleaned surfaces
- Use a wet cloth when disinfecting a surface
- Set a spray bottle to stream rather than spray to avoid breathing in fine particles
- Wear gloves when cleaning and wash hands often
- Wipe down disinfected surfaces with water
- Open a window or turn on a fan when cleaning or disinfecting



HEALTHY HOMES DISINFECTANT RECIPE:

- 1 cup of water
- ½ cup of white distilled vinegar
- ½ cup of rubbing alcohol (70% isopropyl)
- 2-3 drops of soap
- To scent, add 10 to 15 drops of an essential oil



Mix ingredients in a 16 oz spray bottle. Use for cleaning countertops, floors and bathrooms.

Learn more at
fcgov.com/HealthyHomes

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Two important components of maintaining a Healthy Home are **Keeping it Clean** and **Keeping it Contaminant Free**.

Part of keeping a Healthy Home is learning how to safely clean and disinfect your home and avoid negative impacts from chemicals used for cleaning. Here are some important tips to consider as you clean:

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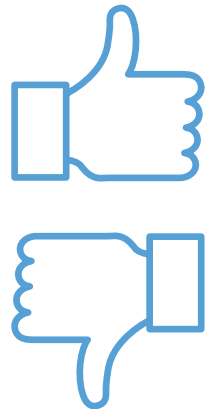
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