

# CDC Disinfecting Procedures for Faith Communities\*

**There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).**

**The best way to prevent illness is to avoid being exposed to this virus.**

- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet). Self-isolate from others and avoid touching your face.
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. **Wash your hands often with soap and water** for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.

>If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

>**Avoid touching your eyes, nose, and mouth** with unwashed hands.

>**Cover your mouth and nose with a tissue** when you cough or sneeze, even with no fever, or use the inside of your elbow.

>**Throw used tissues** in the trash. Empty trash often.

>**Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## **How to clean and disinfect Surfaces.**

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the

manufacturer's instructions for cleaning and disinfection products used. **Clean hands** immediately after gloves are removed.

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
  - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
    - Prepare a bleach solution by mixing:
      - 5 tablespoons (1/3<sup>rd</sup> cup) bleach per gallon of water or
      - 4 teaspoons bleach per quart of water
      - This bleach solution is only stable for 24 hours. It should be newly re-made each day of use.

**Surfaces to be disinfected are:** Tabletops, counters in entire building, all doorknobs, handrails, bathrooms, car steering wheels, car door latches. (inside and outside of the car)

\*Links for further information:

<http://www.cdc.gov/2019-ncov/specific-groups/high-risk-complications>

[https://www.cdc.gov/hand washing](https://www.cdc.gov/hand-washing)

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html> For Faith Communities