

Cleaning surfaces at home to help stop the spread of COVID-19



COVID-19 can survive on surfaces for a few hours or up to several days. It can be killed through simple cleaning and disinfection. While cleaning is important, the risk of transmission from a contaminated surface is much lower compared to having close contact with a COVID-19 case.

How to clean

Frequently touched surfaces

- doorknobs
- handles
- light switches
- phones
- tablets
- touch screens
- tables
- hard-backed chairs
- remote controls
- keyboards
- desks
- toilets
- sinks/basins
- car steering wheel
- car seats

Regularly clean with a household detergent followed by disinfectant, or use detergent/disinfectant wipes (scrub hard).

Less touched surfaces

- floors
- walls
- ceilings
- window blinds
- curtains

Clean using a household detergent or detergent wipes.

Use a damp mop on hard floors. Clean walls and window blinds when visibly dusty or soiled. Curtains should be changed regularly and cleaned when soiled.

Detergent or disinfectant?

Some detergents help remove germs, dirt, and impurities from surfaces but they do not kill germs.

Disinfectants kill viruses and bacteria but don't remove them from a surface unless used with detergent and scrubbing.

Using a detergent then a disinfectant helps lower the risk of spreading infection.

Remember

- Wash your hands as soon as you get home, after putting groceries or other items away and before you eat
- Clean regularly used items such as your phone and keys

For more information visit www.health.nsw.gov.au/covid-19