

# Safer Cleaning and Disinfecting in the Age of COVID-19



**More  
cleaning and  
disinfecting  
for COVID**

**=**

**More possible  
exposure  
to harmful  
chemicals**

## How to clean and disinfect safely



**Don't overuse disinfectants and sanitizers.** Cleaning using soap and water is often enough.



**Don't use disinfectants on food-contact surfaces,** like cutting boards, pots and pans or dishes.



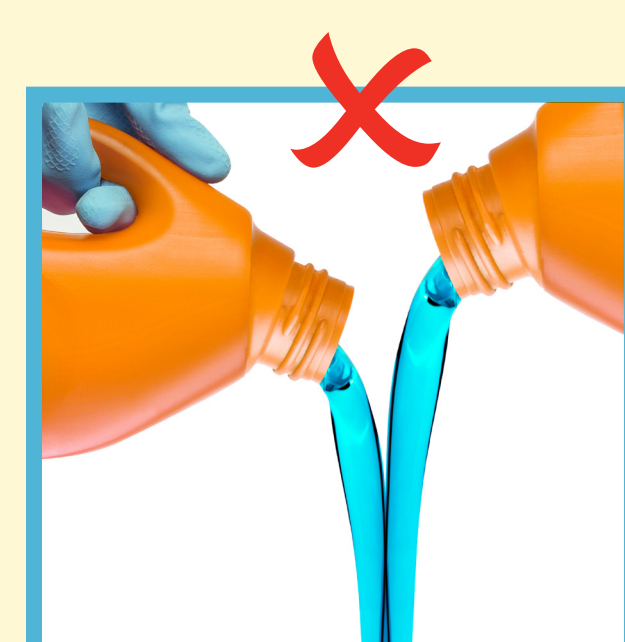
**Wear Personal Protective Equipment (PPE).** Gloves, and even a mask and glasses, will help prevent harmful chemicals from coming in contact with skin and being inhaled.



**Open the windows and turn on the fan.** Good ventilation is key to avoid inhaling harmful chemicals.



**Spray. Wait... Wait some more. Wipe.** A chemical needs a specific amount of contact time to be effective. Read and follow the label carefully.



**Never mix chemicals!** Certain chemical combinations will result in noxious fumes that can kill! Never mix bleach with anything except water.

**Avoid  
these  
harmful  
chemicals**

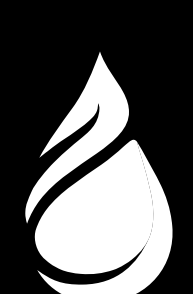
**BLEACH  
AMMONIA  
QUATS  
(Quaternary  
Ammonium Compounds)**  
Avoid a product if you see  
“-onium chloride” on the label

  
**NEVER mix  
cleaning chemicals,  
especially  
BLEACH!**

## Safer Alternatives

**Isopropyl alcohol or ethyl alcohol  
Hydrogen peroxide  
Hypochlorous acid  
Citric acid  
Lactic acid**

**Find the Toxics Use Reduction Institute's  
List of Safer Disinfecting Products here:  
[www.turi.org/saferdisinfectants](http://www.turi.org/saferdisinfectants)**



CLEAN WATER FUND

*Developed under a grant from the Toxics Use Reduction Institution at UMass Lowell.*