How To Clean After Illness

Gives you a room-by-room look at how and what to disinfect after someone in your family has been sick.



BATHROOM:

- [ ] Disinfect with a mix of bleach and water. Clean toilet lever, shower faucets, cabinet knobs, doorknobs and light switches.

FAMILY ROOM:

- [ ] Clean remotes, phones, computer keypads, doorknobs, and light switches.
- [ ] Messes from Sickness? Soak it up with a paper towel, put it in a plastic bag, seal it, and throw away. Then clean and disinfect.

KITCHEN:

- [ ] Disinfect all things
- [ ] people touch: refrigerator handles, coffeepot, microwave, stove knobs, faucet.
- [ ] Add some bleach when washing dishes and utensils.

BEDROOM:

- [ ] Change pillowcases daily. Wash soiled bed linens right away with non-chlorine bleach and hot water. Disinfect all items on nightstand.

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