



H1N1 (SWINE) FLU VIRUS CLEANING AND DISINFECTING GUIDELINES

General Cleaning

If the surface is dirty, first clean it with a general household cleaner (soap or a detergent). Rinse the area and follow with a disinfectant (bleach or alcohol based solution).

If the surface is not dirty, use either a disinfectant or a product that is both a detergent and a disinfectant.

Keep hard surfaces that are touched often or touched by more than one person clean and disinfected. Some examples of hard surfaces would include:

- ✓ Kitchen countertops
- ✓ Tabletops
- ✓ Doorknobs/door handles
- ✓ Microwave handles
- ✓ Bathroom surfaces
- ✓ Desktops

To sanitize electronic items that are touched often, such as phones, computers, remote controls, and hand-held video games, use a cloth with a sanitizer or pre-moistened sanitizer wipes. The same would be used for car door handles, steering wheels and gear shifts in vehicles.

If commercial disinfectants are not available, use a chlorine bleach solution made by adding 1 tablespoon of bleach to a quart (4 cups) of water. Use a cloth to apply this to the surface and let it stand for 3 to 5 minutes before rinsing the area with clean water. For a larger quantity of disinfectant for use on tile floors, counter-tops, sinks, and non-porous surfaces, add 1/3 cup of bleach to a gallon (16 cups) of water. Wear gloves to protect your hands when working with strong bleach solutions.

Always follow label instructions carefully when using disinfectants and cleaners. Pay attention to any hazard warning and instructions on the labels for using personal protective items, such as household gloves. Never mix vinegar with bleach.

Cleaning with a sick individual in the household

Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste. Hands should be washed with warm running water and soap for at least 20 seconds followed by drying with a paper towel. This should then be followed with the use of an alcohol-based hand rub.

Keep surfaces, especially bedside tables and surfaces in the bathroom, clean by wiping them down with a household disinfectant according to directions on the product label.

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Toys should be cleaned and disinfected daily. Any toy that enters a child’s mouth must be disinfected with bleach, rinsed and air-dried or run through a dishwasher. Soft toys need to be laundered.

Wash linens, such as bed sheets and towels, by using household laundry soap and tumble dry on a hot setting. The heat of the dryer will kill the virus. Avoid “hugging” laundry prior to washing it to prevent contaminating yourself. Do not shake the linens and laundry prior to washing since this may cause the virus to become airborne and increase the risk of transmission. Ensure that there is a separation between the clean and the dirty laundry. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.

Eating utensils should be washed either in a dishwasher or by hand. If utensils are washed by hand, first use water and soap. Then drain the sink and use bleach and water solution (1 tablespoon per quart). Soak for 3 to 5 minutes and let the utensils air-dry.

District Health Department #10

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Kalkaska Co
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Lake Co
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Manistee Co
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Mason Co
231-845-7381

Mecosta Co
231-592-0130

Missaukee Co
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231-873-2193

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231-775-9942