# CLEANING AND DISINFECTING
## Best Practices During the COVID-19 Pandemic

Always use disinfectant products or formulations certified by the EPA’s Design for the Environment, with safer active ingredients such as hydrogen peroxide, citric acid, l-lactic acid or ethanol. This fact sheet is based on a version developed by the Centers for Disease Control and Prevention (CDC).

## Good Idea

### Follow CDC, State, & Local Public Health Guidelines
According to the Centers for Disease Control & Prevention (CDC), COVID-19 is mainly spread through the air. The risk of getting the virus by touching a surface is thought to be very low.

### Clean Surfaces with Soap & Water
Normal routine cleaning with soap & water lowers the risk of spreading COVID-19 by removing germs & dirt from surfaces. In most situations, cleaning is enough to reduce risk.

### Use EPA-Registered Disinfectants According to Label Directions
Disinfectants further lower the risk of spreading COVID-19 by using chemicals to kill germs. Use disinfectants on high-touch surfaces when you know or suspect someone in the building has COVID-19.

## Be Careful

### Be Careful Using Disinfectants Around People with Asthma
Disinfectants can trigger an asthma attack. If you have asthma, you may need to take extra precautions like avoiding areas where people are cleaning & disinfecting or making sure the space is well ventilated.

### Avoid Using Foggers, Fumigators, or Electrostatic Sprayers
Many states advise against using these devices. They may require the use of fitted respirators. If a product isn’t labeled for these application methods, using it in that way might be risky or ineffective.

### Be Careful With UV Lights or Ozone Generators
UV lights or ozone generators may be risky or ineffective. EPA cannot verify if or when it is appropriate to use these devices. See more guidance at: go.usa.gov/xHckJ

## Don’t Do It

### Don’t Ask Children or Students to Apply Disinfectants
Disinfectants are powerful tools for controlling the spread of disease, & they can harm kid’s health if used or stored incorrectly. Children should not apply disinfectants, & they should be kept out of children’s reach.

### Don’t Ignore the Label Directions
Follow the label directions or disinfectant products may be ineffective or unsafe. Do not dilute disinfectants or mix them with other chemicals unless the label tells you to. Label directions protect users and maximize effectiveness.

### Don’t Use Unregistered Disinfectants
If a product says that it kills SARS-CoV-2 (COVID-19), but it doesn’t have an EPA registration number, it may not be safe or effective. Federal law requires disinfectants to be registered with EPA.