

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/prevent-gettingsick/disinfecting-your-home.html>

## Slow the Spread of COVID-19

Clean to help slow down COVID-19.

Clean to remove dirt and germs.

Clean things that are dirty.

Clean things that are touched often.

Disinfect to help slow down COVID-19.

Disinfect to kill germs.

Disinfect things that are touched often.

Keep your hands off your face.

Keep your hands off your nose.

Keep your hands off your mouth.

Wash your hands.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Clean and Disinfect Safely

Use soap and water or other cleaners to clean.

Clean things that are dirty.

Clean things that are touched often.

Get help to use cleaning products if needed.

Disinfect things after cleaning.

Be careful using disinfectant.

Get help using disinfectant if needed.

Keep disinfectants out of your mouth.

Keep disinfectants off of your skin.

Keep disinfectants off of your pets.

Wear gloves when using disinfectants.

Wear long sleeves when using disinfectants.

Protect your eyes when using disinfectants.

Keep disinfectants away from people with asthma.

## Keep Your Home Clean

Wear gloves to clean your home.

Wear gloves you can throw away.

Use soap and water or other cleaners.

Clean things that are dirty.

Clean things that are touched often.

Clean surfaces that are touched often.

Remove dust and dirt from electronics.

Get help to clean electronics if needed.

Disinfect things after cleaning.

Be careful using disinfectants.

Get help to disinfect things if needed.

Take off the gloves when finished.

Throw the gloves away.

## Protect Yourself Doing the Laundry

Wear gloves you can throw away to do the laundry.

Use a bag you can wash for dirty laundry.

Avoid shaking items before washing them.

Use a washing machine when possible.

Use warm or hot water when possible.

Take off the gloves when finished.

Throw the gloves away.

Wash your hands.

## Protect Yourself When Doing the Dishes

Use gloves to wash the dishes.

Use a dishwasher when possible.

Use hot water to clean the dishes when needed.

Take off the gloves when finished.

Throw the gloves away.

Wash your hands.

Dry cleaned items completely.

# Protect Yourself When Taking Out the Trash

Use gloves you can throw away to take out trash.

Use gloves you can throw away to remove trash bags.

Take off the gloves when finished.

Throw the gloves away.

Wash your hands.

## Protect Yourself from COVID-19

Stay away from people with COVID-19 when you can.

People with COVID-19 should stay in their own room.

People with COVID-19 should clean their own room.

Only clean and disinfect the room when required.

People with COVID-19 should use their own bathroom.

People with COVID-19 should clean their own bathroom.

People with COVID-19 should clean shared bathrooms after each use.

Protect yourself if you must share a bathroom with someone with COVID-19.

Wait as long as possible to use a shared bathroom after a person with COVID-19.

Wear a mask when using a shared bathroom after a person with COVID-19.

Clean before using a shared bathroom after a person with COVID-19.

# Wash Your Hands Often

Wash your hands before touching your face.

Wash your hands when you get home.

Wash your hands before you make food.

Wash your hands before you eat.

Wash your hands after you use the bathroom.

Wash your hands after you blow your nose.

Wash your hands after you sneeze.

Wash your hands after you cough.

Wash your hands after you care for a sick person.

Wash your hands after you touch an animal.

Wash your hands after you touch your mask.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

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