



Cleaning and Disinfecting to Prevent the Spread of COVID-19

The guidance below has been compiled by the Centers for Disease Control and Prevention (CDC) to assist in mitigating the spread of COVID-19. NJAA recommends sharing this guidance with your residents to assist in reducing the spread of the virus.

General Cleaning Tips

- If possible, wear gloves to clean and disinfect.
- Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces. High touch surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

General Disinfecting Tips

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Follow the instructions on the label to ensure safe and effective use of the product.
- Many products recommend:
 - Keeping surface wet for a period of time (see product label).
 - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - For more information regarding disinfecting surfaces, please visit the CDC website by [clicking here](#).

Cleaning Soft Surfaces

- For soft surfaces such as carpeted floor, rugs, and drapes clean the surface using soap and water or with cleaners appropriate for use on these surfaces.
- Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

Cleaning Electronics

- For electronics, such as tablets, touch screens, keyboards, and remote controls consider putting a wipeable cover on electronics.
- Follow manufacturer's instruction for cleaning and disinfecting. If there is no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

Handling Laundry

- For clothing, towels, linens and other items launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Do not shake dirty laundry.
- Clean and disinfect clothes hampers according to guidance above for surfaces.
- Remove gloves, and wash hands right away.

Practice Sound Hand Washing Techniques

- Wash your hands often with soap and water for 20 seconds.
- Always wash immediately after removing gloves and after contact with a person who is sick.
- If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child).
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Full guidance on cleaning and disinfecting can be found on the CDC's website, by [clicking here](#).

For more information and a list of available resources, please check the news section of NJAA's website at www.njaa.com. Also, follow us on social media, where updates will be made available.



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