

# Cleaning surfaces at home to help stop the spread of COVID-19

Coronaviruses, such as COVID-19, can survive on surfaces for a few hours or up to several days. This may vary based on the temperature, humidity and type of surface.

## How to clean

### Frequently touched surfaces

- doorknobs
- handles
- light switches
- phones
- tablets
- touch screens
- tables
- hard-backed chairs
- remote controls
- keyboards
- desks
- toilets
- sinks/basins
- car steering wheel
- car seats

Regularly clean with a household detergent followed by disinfectant, or use detergent/disinfectant wipes (scrub hard).

### Less touched surfaces

- floors
- walls
- ceilings
- window blinds
- curtains

Clean using a household detergent or detergent wipes. Use a damp mop on hard floors. Clean walls and window blinds when visibly dusty or soiled. Curtains should be changed regularly and cleaned when soiled.

## Detergent or disinfectant?

Detergents help remove germs, dirt, and impurities from surfaces but they do not kill germs.

Disinfectants kill viruses and bacteria but don't remove them from a surface.

Using a detergent then a disinfectant helps lower the risk of spreading infection.

## If you have been outside

If you have to leave home, when you return:

- wash your hands as soon as you enter and after putting groceries or other items away.  
Wash your hands before you eat
- if you would feel better to do so, remove your shoes and clothing if you have been on public transport or in spaces where you weren't able to keep 1.5 metres from others
- wipe down your phone
- keep your keys in one place.