

# Stop the spread of illness **at home**

## Disinfecting your home with bleach

Regularly cleaning and sanitizing your household is important to help prevent the spread of illness and disease. Here is one way you can clean and disinfect your home, if you have limited or no running water.

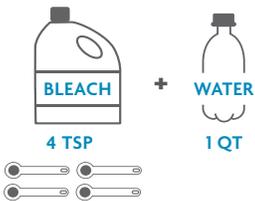


- 1** Before starting, put on disposable/rubber gloves to protect your skin. Also consider wearing an apron to protect your clothing from getting bleached, or change into clothes you don't mind getting bleach on.

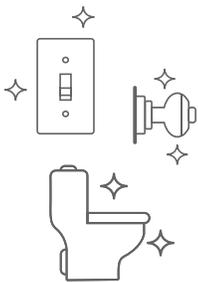


- 2** If surfaces have visible dirt, grease or grime, clean using soap and water before disinfecting with bleach.

**Note:** Use cleaning products in a well-ventilated area to avoid inhaling respiratory irritants.



- 3** **For a strong household cleaning solution (about 1,000 ppm):** Mix 4 teaspoons of liquid bleach per 1 quart of water or 5 tablespoons (1/3 cup) of liquid bleach per 1 gallon of water.



- 4** Using a clean cloth dipped in this solution, wipe down objects and surfaces that are frequently touched including: doorknobs, light switches, countertops, tabletops, appliance handles, toilet handles, faucet handles, sinks, etc.

**Note:** Read instruction label on bleach product to make sure bleach is safe to use on your objects or surfaces.



- 5** Let object or surface air dry to make sure it has been properly disinfected.

**Never mix bleach with dish soap or other household cleaners. This can produce dangerous, toxic fumes. Keep bleach/bleach solution out of children's reach.**

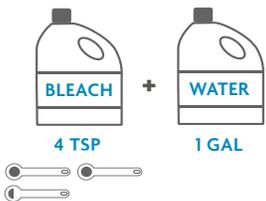
# Stop the spread of illness **at home**

## Disinfecting your hands with bleach solution in wash basins

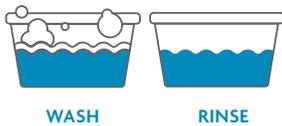
Regular handwashing is the most effective way to prevent the spread of germs and illness. Here is one way you can clean and disinfect your hands when you have limited or no running water.



- 1** Before starting, put on disposable/rubber gloves to protect your skin. Also consider wearing an apron to protect your clothing from getting bleached, or change into clothes you don't mind getting bleach on.



- 2** **For a mild solution suitable for hand washing (about 500 ppm):** Mix 2.5 tablespoons of liquid bleach per 1 gallon of water or 12.5 tablespoons of liquid bleach to 5 gallons of water.



- 3** Use two wash basins. In one basin, mix soap and water to wash dirt and grime off your hands. In a second basin, add bleach solution to rinse and sanitize your hands. Make sure to replace soap wash and bleach rinse basins daily.



- 4** Dry hands with a clean towel, paper towel or air dry.

***Never mix bleach with dish soap or other household cleaners. This can produce dangerous, toxic fumes. Keep bleach/bleach solution out of children's reach.***