

CORONAVIRUS (COVID-19) DISINFECTION GUIDANCE

This document was modified from the County of San Diego Department of Environmental Health Coronavirus COVID-19 Disinfection Guidance.

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Symptoms include fever, cough, and difficulty breathing/shortness of breath. COVID-19 is spread between people who are in close contact with one another (within about 6 feet), through respiratory droplets produced when an infected person coughs or sneezes, and touching objects that have been contaminated with the virus and then touching your eyes, nose, and mouth with unwashed hands. The UC San Diego campus has implemented physical distancing between personnel and remote work when applicable. If you have health-related questions or concerns, please contact your healthcare provider.

Effective Disinfectants

For non-porous surfaces, diluted household bleach solutions and alcohol solutions with at least 70% alcohol are known to be effective. Use the Environmental Protection Agency's (EPA) registered product database below. **Be sure to follow the manufacturer's instructions for proper disinfection and safe handling.** Use disinfectants in well-ventilated areas.

For approved disinfectants effective against coronavirus, visit:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

If using EPA approved disinfectants:

1. Pre-wash nonporous surfaces (doorknobs, counters, sinks, toilets, etc.).
2. Wipe the surface with the EPA-approved disinfectant. Allow proper contact time as directed on product label.
3. Wipe surface dry.



Surfaces to Sanitize

Countertops doorknobs light switches and outlets, bathroom surfaces, phones, computer keyboard and mouse, remote controls, desks, tables, chairs, handrails, cash registers, wheelchairs, walkers, recreation equipment, highchairs, bathroom and kitchen surfaces, condiment containers, etc.

Preventing the Spread of Illness

- Maintain physical distance from others, at least 6 feet.
- Wash hands often and as needed, including:
 - After blowing your nose, coughing or sneezing
 - After using the bathroom
 - After contact with animals or pets
 - Before eating or preparing food
- Wear a cloth face covering and avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces.
- If you are sick, stay home and keep your distance from others to protect them from getting sick too.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Proper Handwashing Procedure

Wash hands and arms with soap and warm water for at least 20 seconds; thoroughly rinse with clean running water and completely dry hands and arms. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Additional Resources

- UC San Diego COVID-19 Update: coronavirus.ucsd.edu. |
- County of San Diego COVID-19 Update: <https://www.sandiegocounty.gov/coronavirus.html>
- Additional disinfection guidance from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>