

Do We Still Need To Disinfect Everything?

“Deep cleaning” is no longer recommended as a routine way to stop COVID-19 infections.

- The majority of the transmission of COVID-19 virus is directly from person to person through the air (aerosol transmission).
- The Centers for Disease Control and Prevention (CDC) has determined that it would be rare for someone to get infected by touching a surface that has been contaminated by the COVID-19 virus.

Why did the CDC provide guidance early on in the pandemic to disinfect surfaces?

- Early in the pandemic, we did not know as much about how the virus is passed from person to person.
- Experts were concerned that respiratory droplets containing the virus would land on surfaces from talking, coughing, and singing.
- A person was thought to potentially get infected by touching that surface then touching their eyes, mouth, or nose.

What made experts change their minds?

- Studies in hospitals show that surfaces near infected patients had some COVID-19 RNA (genetic blueprint material) but not a full virus which is needed to cause an infection.

While regular cleaning and attention to surfaces is reasonable, frequent deep cleaning and use of disinfectants is generally not necessary. This includes sanitizing groceries and the mail or more extensive disinfection like fumigation.

When taking care of someone in your household who has COVID-19, please refer to the CDC guidelines, “Cleaning Your Home”, which can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>.

Continue hand-washing and wearing a face covering in public or when indoors with those not from your household.



#CovidVaccineSavesLives

#StayHomeSaveLives

California Rural Indian Health Board, Inc.

COVID-19 Resources: <https://crihb.org/prevention-and-education/public-health>

For more information about the COVID-19 vaccine, go to: <https://covid19.ca.gov/vaccines>

