

Post-Illness Cleaning Checklist

Disinfect your home after someone has been sick to prevent further spread of germs.

High-Touch Surfaces

- Disinfect light switches, doorknobs, remote controls
- Clean phones, tablets, keyboards, and chargers
- Wipe down handles (fridge, cabinets, drawers)

Living Area

- Disinfect the tv-area and remotes
- Consider which places the sick person spent much time and clean accordingly

Bathrooms

- Disinfect toilet handle, faucet, sink, and flush lever
- Replace toothbrushes and clean toothbrush holders
- Wash all towels and bath mats in hot water
- Sanitize trash can and replace liner

Bedroom

- Wash sheets, blankets, and pillowcases in hot water
- Disinfect mattress surface if possible (light mist, air dry)
- Wipe down bedside tables, lamps, and remotes
- Open windows for ventilation

Kitchen

- Sanitize countertops, sink, and faucet
- Disinfect handles on appliances
- Wash all used utensils, dishes, and cups
- Take out trash and disinfect trash can

Pro Tips

- Use EPA-approved disinfectants or diluted bleach
- Ventilate the space daily for fresh air