

# Cleaning and disinfection guidance

Common symptoms of coronavirus (COVID-19)



new and  
continuous cough

or



high  
temperature

If **you have symptoms** of coronavirus,  
you need to **self-isolate for 7 days**

If **you live with someone who has  
symptoms**, you need to **self-isolate for 14  
days** from the day their symptoms started

Only use **NHS 111** if your symptoms get  
worse or are no better after home isolation

## Stop the spread of coronavirus



**Wash your hands  
more often  
and for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a  
tissue or your sleeve (not your hands)  
when you cough or sneeze and throw  
the tissue away straight away



**Cleaning an area with regular  
household disinfectant** after  
someone with suspected  
coronavirus has left will reduce  
the risk of passing the infection on  
to other people

The amount of virus living on  
surfaces will reduce significantly after

## 72 hours

If an area can be kept closed and  
secure, wait until this time has  
passed before cleaning



Wherever possible, wear disposable or washing  
up gloves and aprons for cleaning. These should  
be double bagged, then stored securely for 72  
hours then thrown away in the regular rubbish  
after cleaning is finished



Using a disposable cloth, first clean  
hard surfaces with warm soapy water

Then disinfect these surfaces with the cleaning products  
you normally use. Pay particular attention to **frequently  
touched areas and surfaces**, such as bathrooms,  
grab-rails in corridors and stairwells and door handles



If an area has been heavily  
contaminated, such as with visible  
bodily fluids, from a person with  
coronavirus, **consider using  
protection for the eyes, mouth and  
nose** as well as gloves and apron

**Wash hands regularly** with soap  
and water, **and after removing**  
gloves, aprons and other protection  
used whilst cleaning