



Safe, effective cleaning & disinfection for everyone



Don't make yourself sick while trying to stay well! Reducing the spread of COVID-19 requires special attention to cleaning and disinfection, but many products contain chemicals that **can trigger asthma** and other health problems. Proper techniques and safer products will help protect you, your family's, employees' and customers' health.

Choose safer cleaning products

Look for cleaning products with these labels – they are just as effective as other cleaning products, but safer for your health. Products with these ecolabels must meet industry standards for cleaning effectiveness, but do not contain ingredients that can cause or exacerbate asthma. Look for fragrance-free products and avoid aerosols.



Clean first

Frequent, effective cleaning is key. Disinfectants don't work on dirty surfaces! Bacteria, fungi, and viruses cling to dirt particles, so surfaces must first be cleaned first to reduce COVID-19 transmission.

Choose and use disinfectants wisely

Use safer disinfectants approved for COVID-19.

If available, choose products with safer active ingredients that are EPA-approved as effective against COVID-19. Check our [web tool](#), or look for products containing:

- Hydrogen peroxide
- Citric acid
- Lactic acid
- Caprylic (octanoic) acid
- Thymol (if other ingredients aren't available)





Safe, effective cleaning & disinfection for everyone

If possible, **avoid** disinfectants with these known asthma triggers:

- Chlorine bleach (hypochlorites)
- Quaternary ammonium compounds ("quats")
- Phenolic compounds
- Peroxyacetic acid

Create a plan.

Frequently clean and disinfect any break rooms, bathrooms, and other common areas. Create and use a daily checklist to document each time disinfection of these areas occurs. Consider appointing a designated staff person for these tasks.

Don't just spray and wipe disinfectants.

Disinfectants take time to work. Clean dirty surfaces first, then spray disinfectant on a sponge or cloth to apply. Let the surface remain wet for the length of time as described on the product label or listed on our [web tool](#), usually 5 to 10 minutes.

Focus disinfection on frequently touched and shared surfaces.

Disinfect frequently-touched surfaces such as telephones, door and cabinet handles, countertops, elevator buttons, railings, drawer handles, shopping carts and baskets, check-out areas, cash registers, payment equipment, food/item display cases, refrigerator and freezer doors, chairs used by personnel or customers, tools and other devices which require handling throughout a work shift.

Provide ventilation.

Open windows and doors before disinfecting, and cover or remove food.

Use personal protective equipment (PPE).

Check product labels for information about required PPE such as goggles and gloves, especially when mixing concentrated products. Glove are always a good idea.

Use disinfectants only on surfaces, never on your body.

Special considerations during shelter in place

Don't forget pests

With many workplaces now vacant, look for signs of rodent infestations, such as **droppings** under furniture or in corners. Make sure all food is removed from desks in unoccupied workspaces.

Follow the latest Department of Public Health directives

These **directives** include requirements, checklists, and best management practices for businesses operating during the COVID-19 pandemic. They are based on the latest **CDC guidance**.

This cleaning and disinfectant factsheet and all of the additional resource links can be found at:

SFApproved.org/safer-covid-19-disinfectants

Which disinfectants are safer?

Check SF Environment's **web tool** to easily identify products with safer active ingredients from EPA's list of COVID-19 disinfectants.

Where can I get safer cleaners and disinfectants?

Check SF Environment's latest **survey of local distributors** for availability of cleaning products and disinfectants.

