

How to Disinfect the Kitchen

Follow these disinfecting tips in your kitchen to help prevent the spread of COVID-19. If someone in your household is sick or exposed, follow [CDC guidelines on isolation](#).

Disinfect the commonly touched and shared surfaces in the kitchen such as countertops, faucets, cabinet handles, trash can lids and the refrigerator doors. Continue to clean your kitchen daily and use disinfecting products.

For kitchen cleaning, we recommend using Clorox® Clean-Up® Cleaner + Bleach¹, or another EPA-registered bleach disinfecting product.¹ For Clorox® Clean-Up® Cleaner + Bleach¹, please follow these steps:

- For heavily soiled surfaces, pre-clean the surface before disinfecting.
- Turn nozzle counterclockwise to ON.
- Spray product 4 to 6 inches from surface until thoroughly wet.
- Let stand 30 seconds.
- Rinse or wipe clean.
- For items that come in contact with food or mouths, rinse with warm water and let air-dry.

Other tips for kitchen disinfecting:

- Wash each non-disposable dish and utensil after each use. Wash in a dishwasher or wear gloves and use hot water.
- Wash your hands with soap and water for 20 seconds after handling any used dish or utensil.²
- If using a dishwasher, put the rinse cycle at the highest temperature option in order to kill the most germs.³

[Visit this page](#) for a full list of our EPA-approved disinfecting products.

Already have Clorox® bleach? [Learn how](#) to make your own disinfecting solution.

1. According to Mary Gagliardi, aka “Dr. Laundry,” Clorox’s in-house scientist and cleaning expert.

2. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

3. According to Mary Gagliardi, aka “Dr. Laundry,” Clorox’s in-house scientist and cleaning expert.