

**‘Methodological Recommendations 3.1.0170-20. 3.1. Prevention of infectious diseases.
Epidemiology and prevention of COVID-19. Methodological recommendations’
(approved by the Chief State Sanitary Doctor of the Russian Federation on March 30 2020)**

Annex 8
to Methodological Recommendations 3.1.0170-20

**RECOMMENDATIONS
FOR CONDUCTING DISINFECTION MEASURES IN RESIDENTIAL
PROPERTIES FOR PERSONS IN HOME ISOLATION**

To ensure a safe stay in an apartment, house, or other premises of persons who are in self-isolation, it is necessary to:

- carry out wet cleaning at least twice a day with the use of conventional cleaning chemicals. Special attention should be paid to the toilet, bathroom, and kitchen. When cleaning, follow the following sequence: living room-kitchen-bathroom-toilet. Wipes, rags after cleaning should be thoroughly washed in detergent and dried. If possible, use disposable napkins, rags;

- wipe with a disinfectant once, at the end of the day, the surfaces that are most often touched
- door handles, taps, tables, chair backs, switches, etc.;

- wash kitchen utensils and kitchenware using conventional detergents, then rinse with boiling water and dry them, placing them in such a way that water flows freely from the washed items. When using a dishwasher, additional processing of dishes is not required;

- treat your hands with a skin antiseptic after cleaning;

- treat the surfaces of packages or other packages with a disinfectant or skin antiseptic if they were delivered to a person who is in self-isolation, and then treat the hands with skin antiseptic;

- carry out the ventilation of all areas either permanent or periodic, depending on weather conditions.

Washing clothes should be carried out in the usual mode, at a water temperature of 60 degrees.

For disinfection, use disinfectants designed to disinfect surfaces in accordance with the instructions for use.

In the absence of disinfectants, you can use bleach for laundry - chlorine and oxygen. The bleach labels contain instructions on how to prepare a bleach solution for disinfection. In the absence of such information, to prepare a disinfectant solution, take 1 part of bleach (gram, milliliter) for 10 parts of warm water, or one tablespoon for glass of warm water. Mix the solution thoroughly. Wear gloves and avoid contact with eyes!

Do not prepare a large amount of disinfectant solution at once, 0.5 - 1 liter is enough for one or two days.

The prepared solution should be stored in a dark place, in a well-closed container. Disinfection should be carried out with gloves. After 5-10 minutes, wipe the disinfected surfaces with a cloth moistened with clean water.

In the absence of a skin antiseptic, you should wash your hands with soap and water, thoroughly soaping all your hands for 15 to 20 seconds, and then washing them off with warm water.

Upon completion of the home isolation period, you can continue cleaning and disinfection by reducing their frequency.

If an infectious disease is detected in a person who is isolated at home, the final disinfection is carried out in the room by a specialized organisation that performs disinfection activities.