



衛生防護中心
Centre for Health Protection

Infection Control Branch

**Advice on Household Disinfection at the Peak Season of
Seasonal Influenza**

Disease information

Please refer to website of Centre for Health Protection for disease information update:

<https://www.chp.gov.hk/en/healthtopics/content/24/29.html>

2. The following actions are advised for maintaining a clean and hygienic household environment for the prevention of influenza and containing its spread during the peak season:

- (a) Maintain good indoor ventilation
 - (i) Keep windows open.
 - (ii) Switch on fans or exhaust fans to enhance air flow.
 - (iii) Ensure air-conditioners are functioning well.
 - (iv) Wash dust filters of air-conditioners frequently.

- (b) Maintain household environment hygiene
 - (i) Regularly clean and disinfect frequently touched surfaces such as furniture, toys, commonly shared items, toilet, bathroom and floor with 1:99 diluted household bleach (mixing 1 part of 5.25% bleach with 99 parts of water), leave for 15 – 30 minutes, and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.



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- (ii) Use absorbent disposable towels to wipe away obvious contaminants such as respiratory secretions, and then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing 1 part of 5.25% bleach with 49 parts of water), leave for 15 – 30 minutes and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
 - (iii) Clean the floor regularly and increase the frequency as needed, and keep it dry.
 - (iv) Carpets should be kept clean by daily vacuum cleaning and regular washing.
 - (v) Clean and change bed sheets, pillow cases, towels and clothes regularly.
 - (vi) If pets (such as cats and dogs) are kept, increase the frequency of cleaning.
 - (vii) Wrap up rubbish properly before putting it in a lidded bin. Empty the bin once a day
- (c) Maintain toilet and bathroom hygiene
- (i) Keep toilets and bathrooms clean and dry.
 - (ii) Provide liquid soap and disposable paper towels for hand washing.
 - (iii) Ensure the flushing system of the toilet is in proper function at all times. Flush immediately after using toilet.
 - (iv) Do not share towel. Wash the towel thoroughly at least once daily. It is even ideal to have more than one towel for replacement.

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