

CLEANING FOR COVID-19 SAFELY AND EFFECTIVELY

You can combat the novel coronavirus effectively while using products that are safer for you and your family.

EWG screened hundreds of disinfectants and sanitizers on the market with expected efficacy against Sars-CoV-2, the virus that causes COVID-19, and checked them against our [Guide to Healthy Cleaning](#). Here are the cleaners we identified, plus additional tips on cleaning during the pandemic.

16 EFFECTIVE AND SAFE PRODUCTS

Here is EWG's list of 16 well-rated products with fewer ingredient concerns.*

Clorox	Commercial Solutions Disinfecting Bio Stain & Odor Remover†
Clorox	Pet Solutions Advanced Disinfecting Stain & Odor Remover†
Lysol	Hydrogen Peroxide Action Multi-Purpose Cleaner, Oxygen Splash
Lysol	Hydrogen Peroxide Bathroom Cleaner, Cool Spring Breeze
Lysol	Hydrogen Peroxide Multi-Purpose Cleaner, Citrus Sparkle Zest
Lysol	Hydrogen Peroxide Multi-Purpose Cleaning Wipes, Oxygen Splash
Lysol	Power Bathroom Cleaner, Island Breeze
Purell	Multi Surface Disinfectant, Fragrance Free
Seventh Generation	Disinfectant Spray, Eucalyptus, Spearmint & Thyme
Seventh Generation	Disinfectant Spray, Fresh Citrus & Thyme
Seventh Generation	Disinfectant Spray, Lavender Vanilla & Thyme
Seventh Generation	Disinfecting Bathroom Cleaner, Lemongrass Citrus Scent
Seventh Generation	Disinfecting Multi-Surface Cleaner, Lemongrass Citrus Scent
Seventh Generation	Disinfecting Wipes, Lemongrass Citrus Scent
Windex	Multi Surface Disinfectant Cleaner
Windex	Multi Surface Disinfectant Cleaner, Glade Rainshower

† Product on EPA's **List N** or the American Chemistry Council **list**. Products on these lists either comply with the EPA's emerging viral pathogen guidance, with demonstrated efficacy against viruses harder to kill than SARS-CoV-2, or have demonstrated efficacy against another human coronavirus similar to SARS-CoV-2.

CAN'T FIND THESE PRODUCTS? WHAT TO DO INSTEAD

Look on the label of Environmental Protection Agency-registered products for these safer active ingredients, which are lower in toxicity compared to others.

- Hydrogen peroxide
- Ethyl alcohol (ethanol)
- Citric acid
- L-lactic acid
- Caprylic acid (octanoic acid)
- Thymol



IF PRODUCTS WITH THESE **ACTIVE INGREDIENTS** ARE UNAVAILABLE, TRY:

- Three percent household-strength hydrogen peroxide. Never mix hydrogen peroxide with vinegar, because the combination forms caustic peracetic acid, which can burn the skin and eyes.
- For dishware, use the sanitize setting on your automatic dishwasher.

AVOID THESE ACTIVE INGREDIENTS

- **Sodium hypochlorite**, which is linked to harm to the skin and respiratory system and the environment. When improperly mixed with other cleaners or acids, sodium hypochlorite can be **fatally poisonous**. Sodium hypochlorite is also found in chlorine bleach.
- **Quaternary ammonium compounds**, also known as quats, which are linked to asthma and suspected of causing reproductive toxicity and birth defects in humans.

IMPORTANT TIPS

- Read labels carefully, including all directions and warnings, and apply the product as directed.
- Wear gloves and other personal protective equipment as directed.
- **Ventilate** the area while cleaning.
- Never mix cleaning products and disinfectants together.
- Clean visibly dirty or greasy areas with soap and water before applying disinfectant or sanitizer.
- Focus on surfaces you come into frequent contact with, like doorknobs, handrails, faucets and light switches.

*METHODOLOGY

We screened the hundreds of products recommended by the Environmental Protection Agency and the Centers for Disease Control and Prevention for expected effectiveness at killing the virus. Based on the **CDC's interim recommendation** that "most common EPA-registered household disinfectants should be effective" for disinfection, and on the data on harder-to-kill viruses (the basis for the EPA's emerging viral pathogen guidance), we expanded our screening to include company lists of EPA-registered, antimicrobial cleaners.

Then, using our Guide to Healthy Cleaning as a tool, we assessed a subset of these products for ingredients that may affect human or environmental health.

We compiled a list of 16 products the guide rates A or B that are either 1) listed as complying with the EPA's emerging viral pathogen guidance (with demonstrated efficacy against viruses harder to kill than SARS-CoV-2) or having an approved claim of being effective against the human coronavirus, or 2) have an approved claim against one or more harder-to-kill, non-enveloped viruses, like rhinovirus or norovirus, found listed on the package and/or company website. "Envelope" refers to the structure of the virus. Enveloped viruses, like SARS-CoV-2, are easiest to kill.

Note: Please consult your doctor if you are experiencing symptoms of COVID-19. This material is for general informational purposes only and is not intended as a substitute for professional medical advice.

