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Keeping your home clean is important, but it becomes more crucial during seasons when illnesses like the cold and flu are more prevalent. High-touch surfaces are prime spots for germs to gather and spread.

Here are four practical tips to effectively clean high-touch surfaces—significantly reducing the chances of illness spreading in your household and school community.

1. Identify High-Touch Surfaces

It's essential to recognize which surfaces in your home are considered high-touch. Common examples include doorknobs, handles, remotes, light switches, countertops, tablets, smartphones, and other electronic devices. Anything that gets touched frequently by different members of your household should be on your radar.

2. Develop a Routine

Consistency is key when it comes to cleaning high-touch surfaces. A good rule of thumb is to incorporate these cleaning tasks into your daily routine, especially during peak cold and flu seasons. A quick daily wipe-down of the most frequently touched surfaces can make a big difference in preventing the spread of germs.

4 Tips for Cleaning High-Touch Surfaces



3. Disinfect What You Can't See

Germs aren't just on the surfaces we touch; they can also be transferred to objects we don't usually think about cleaning, like backpacks and soft toys. These items can easily bring germs from outside into your home. Make it a habit to disinfect these items regularly, especially if they've been in public places.

4. Teach and Practice Good Hygiene

Cleaning high-touch surfaces is essential, but it's equally important to teach and practice good hygiene habits, like washing hands frequently and covering mouths when coughing or sneezing. These practices reduce the overall number of germs on surfaces, making your cleaning efforts even more effective.

Find more tips and downloadable activities at [Lysol Here for Healthy Schools](#).