

COVID-19

RECOMMENDATIONS FOR THE PREPARATION OF DISINFECTANT SOLUTIONS

HOW TO PREPARE DISINFECTANT SOLUTIONS

- Use the concentration of sodium hypochlorite available in the country, as indicated on the label of the container, to mix the concentration of disinfection solution according to the intended use, following the indications in the table below.
- Use protective equipment such as gloves, mask, eye protection, and apron for mixing the solutions.
- Prepare solutions daily. If you don't need a liter per day, make adjustments to the amounts in the table below.
- Use a dedicated container for the prepared solutions, and mark (label) the container with the concentration clearly.
- Do not reuse packaging of edible products to prepare the disinfectant solution to avoid accidental poisoning.
- Add the quantity of sodium hypochlorite to the quantity of water as indicated in the table below.
- Do not mix sodium hypochlorite with soaps or cleaners.
- Store sodium hypochlorite out of the reach and sight of children, in a safe place that is not exposed to light and heat.
- Use sodium hypochlorite products without added fabric softeners, colors, or perfumes.

Sodium Hypochlorite concentration (as per label)	Disinfectant Solution Concentration											
	0.05% ¹				0.1%				0.5%			
	For hand washing and laundry				For disinfection of surfaces and floors, and cleaning utensils and mortuary				For spills of body fluids, (blood, vomiting, etc)			
	Sodium hypochlorite		Quantity of water		Sodium Hypochlorite		Quantity of Water		Sodium Hypochlorite		Quantity of Water	
1%	50 ml	1/5 cup	1 L	1 qt	100 ml	2/5 cup	1 L	1 qt	500 ml	1 pt	1 L	1 qt
3%	16 ml	3 tsp	1 L	1 qt	30 ml	1 oz	1 L	1 qt	300 ml	½ pt	1 L	1 qt
4%	13 ml	1/2 oz	1 L	1 qt	25 ml		1 L	1 qt	250 ml	1 cup	1 L	1 qt
5%	10 ml	2 tsp	1 L	1 qt	20 ml	4 tsp	1 L	1 qt	100 ml	2/5 cup	1 L	1 qt
10%	5 ml	1 tsp	1 L	1 qt	10 ml	2 tsp	1 L	1 qt	50 ml	1/5 cup	1 L	1 qt

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¹ If you do not have soap and water, 70% alcohol gel or Hydrogen Peroxide, a sodium hypochlorite disinfectant solution at 0.05% concentration could be used to wash your hands. However, this is the least recommended option, since frequent use can lead to allergies, dermatitis, depigmentation, and even asthma.