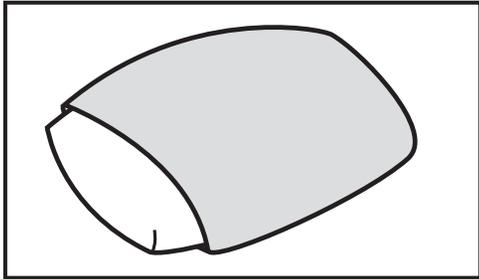


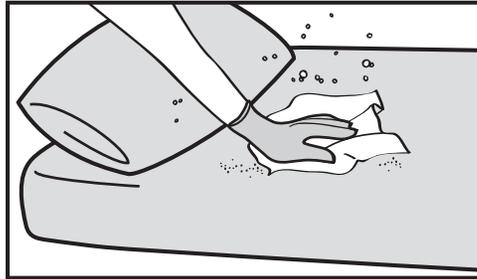
## HOW TO

# Clean and Disinfect Mattresses and Pillows

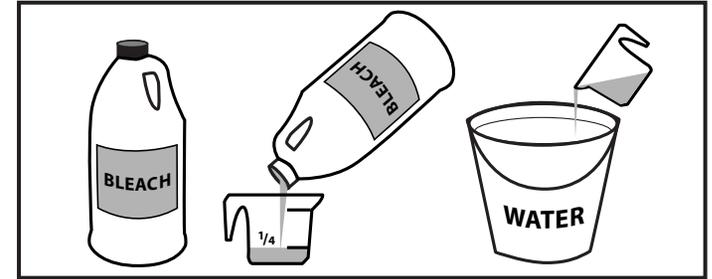
to prevent illness



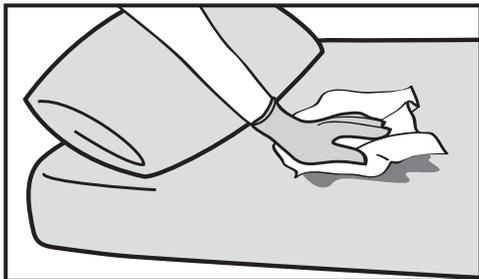
**Cover mattresses and pillows with plastic cover**



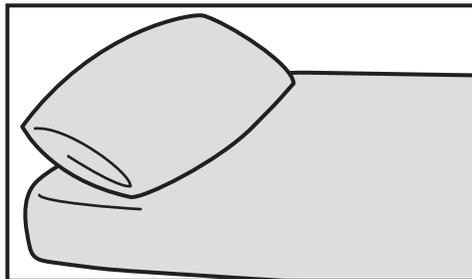
**Clean with soap and warm water and rinse**



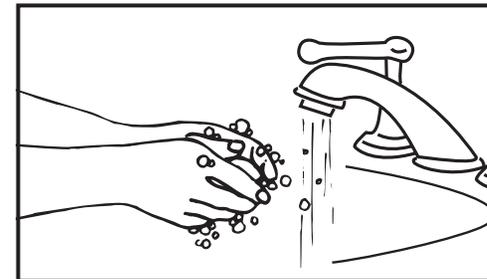
**Make disinfectant:  
Mix 1/4 cup household bleach with 1 gallon cool water**



**Disinfect with bleach solution**



**Air dry**



**Wash hands**

### When to clean and disinfect mattresses and pillows:

- After each use – if used by different people
- Weekly, if used by the same person