



# How To Clean A Cell Phone

Washing our hands often is always a good idea. But our hands are only as clean as the items we touch. Laboratory studies have shown that our cell phones can be breeding grounds for bacteria and viruses — ick. Most of us have cell phones, and most of us are touching them all the time! So, if we touch our germ-y cell phone with our clean hands, what happens then? As part of our efforts to control the spread of viruses, cleaning our cell phones is a good way to help.

Consult your device's product manual for its recommended cleaning guidelines. Your manufacturer's instructions might differ from these general suggestions.

## What you CAN use:

- Clean, lint-free cloth or microfiber cloth
- Disinfecting wipes (phone manufacturers have recently OK'd these)
- Disposable cotton swabs, cotton balls, or cotton pads
- Small pump-spray bottle filled with equal parts of distilled water and 70% isopropyl alcohol

## What you CAN'T use:

- Bleach
- Ammonia
- Hydrogen peroxide
- Aerosol sprays
- Abrasive materials

## Follow these steps for cleaning.

- Avoid getting moisture into the openings on your cell phone.
- **Wash your hands before you begin cleaning your phone.**
- If you use a cell phone case, remove it. If you have a semi-permanent screen protector, it's best to keep the screen protector on so it isn't damaged. If your screen protector has specific cleaning guidelines, follow those guidelines.
- **For your phone:**
  - Use either a disinfecting wipe or a clean cloth sprayed with the solution of distilled water and 70% isopropyl alcohol to wipe all areas of the phone. For hard-to-reach areas or stubborn dirt, try using a cotton swab or cotton ball dampened with a small amount of the water and alcohol solution.
  - Let your phone air dry for at least 15 minutes before touching it.
- **For your phone case:**
  - If it is made of a plastic or silicone material, you can submerge your case in warm soapy water. You also can wipe it well with a disinfecting wipe or use the solution of distilled water and 70% isopropyl alcohol.
  - If you have a cell phone case made of leather or other material that can't be submerged, wipe it with a disinfecting wipe.
  - Allow your case to dry thoroughly before replacing your phone.

- **Wash your hands again when you are done.**
- Clean your cell phone about once a week or any time it has been touched by someone who is ill.
- Avoid sharing your cell phone or using another's cell phone.
- Be aware of where you put your phone. So often, we set our phones down in restrooms or public places, such as restaurant tables or checkout counters, and our cell phones can easily pick up germs that are then transferred to our hands and faces.
- If you still have a landline phone, don't forget to clean that, too!

**Reference(s):**

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
- <https://www.cleaninginstitute.org/cleaning-tips/work/cell-phone-cleaning>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466825/>
- <https://www.cleaninginstitute.org/understanding-products/promoting-wellness/disinfecting-and-disinfectants>
- <https://www.thespruce.com/how-to-clean-your-cell-phone-4163609>

**Source:**

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