

# What exactly is a high-touch surface?

We've heard it repeatedly: To fight the spread of COVID-19, wash your hands and clean "high-touch" areas. What exactly is a high-touch area? Here's a simple graphic to help you remember where to clean. Learn more on the [CDC's cleaning and disinfection page](#).

## What are high-touch surfaces?



Common household surfaces like light switches, phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, hardback chairs and bedside tables.



In workplaces, don't overlook water coolers, desks and shared countertops.



In areas with children, hands-on learning items and toys.

For more information visit [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) or call 211

