

From the Coronavirus Support Hub:

How to reduce the risk of contracting coronavirus inside your vehicle - top tips

While many of us will have seen a significant reduction in the amount of journeys we're making, there are still essential workers who are regularly travelling and cars are being used for essential trips, like picking up shopping, attending medical appointments or checking in on vulnerable friends and relatives.

As a result, knowing how to effectively reduce your risk of contracting or spreading coronavirus when using your vehicle is a must.

How to effectively clean your vehicle's interior

A deep clean is essential to ensure you are reducing the risk of transferring coronavirus from surfaces in your vehicle that could potentially lead to you infecting yourself or others. As a result, follow our top tips below to effectively reduce this risk:

Create a cleaning checklist

Being thorough in your cleaning regimen is absolutely crucial to limiting your risk of contracting or spreading coronavirus, so creating a cleaning checklist can help to ensure you don't miss any areas of the vehicle by mistake.

Be methodical in your approach, and work your way through the vehicle's interior from one area to the next. This could mean starting with the dashboard, before moving on to the steering wheel and infotainment area, then the gear stick and handbrake, over to the seats and then finally the doors, handles and other surfaces. What's important is to record each area as complete as you go.

Use effective surfactants and disinfectants

Cleaning the interior of your vehicle will require the use of different products for things like fabric, plastic, leather, glass and wood. As a result, you should come to the task armed with products that will not damage these materials, but which offer the necessary protection to either remove or kill coronavirus.

Bleach-free and peroxide-free household disinfectant is suitable for use on some surfaces and will kill coronavirus, while soaps will penetrate fabrics and effectively remove the virus. For touchscreen areas, glass cleaner should be avoided, as this can damage anti-glare

coatings. You should also dispose of cloths and other cleaning tools after the work is complete.

NOTE: Always remember to read and follow the manufacturer's instructions for different cleaning products and do not mix products together.

Wear PPE

Personal protective equipment (PPE) is in high demand right now, but that doesn't mean you should forego this essential safety measure.

Gloves should be worn to reduce the risk of transferring coronavirus into your home after cleaning. Meanwhile, goggles can also be worn to protect your eyes, while a disposable gown will also ensure your clothes are protected.

Focus on common touchpoints

You should remember to focus on areas where the driver and other occupants will commonly come into contact with different parts of the vehicle in order to ensure coronavirus is eliminated from these touchpoints.

Remember to specifically focus on these areas:

- Steering wheel
- Door handles
- Gear stick
- Dashboard controls
- Air vents and controls
- Seats and armrests
- Seatbelts
- Handbrake
- Glove box

Always wash your hands

Finally, key to reducing the spread of coronavirus is always remembering to wash your hands. You should do this every time you venture out of your home. Coronavirus is unable to adhere to the skin when soap and water are used, as this breaks down the outside lipid layer of the virus and it will be washed away.

In order to do this, however, you must wash your hands with the aforementioned soap and water for at least 20 seconds. You must also ensure you are washing all areas of the hands, palms and fingers, front and back and fingertips too.

The [NHS has published a helpful guide](#) for anyone unclear on the safest way to wash your hands.