


Using Hydrogen Peroxide To Combat The Coronavirus



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2. Hydrogen peroxide

That classic brown bottle under your bathroom sink that you use to clean out your cuts can work double duty by also disinfecting surfaces. According to the Centers for Disease Control and Prevention (CDC), [three percent hydrogen peroxide is effective](#) in deactivating the rhinovirus in six to eight minutes. Considering that the coronavirus is easier to destroy than rhinovirus, experts believe that hydrogen peroxide should be able to combat the coronavirus in even less time.

To use hydrogen peroxide to disinfect, simply transfer the product into a spray bottle and spray down your surfaces. Then let it sit for at least one minute. And for more cleaning tips amid the pandemic, check out [How to Clean Your Car to Stop Coronavirus Spread, According to Experts](#).

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