

Protect Against COVID-19

PREVENT THE SPREAD OF ILLNESS

CLEANING & DISINFECTING GUIDELINES

WASH HANDS

- When arriving to or leaving work
- Wash your hands often with soap and warm water for at least 20 seconds

EQUIPMENT

1. Clorox Bleach

(1:10, Clorox to water mix) Mix in a bucket or in spray bottles.

2. Industrial reusable cleaning gloves

Use these gloves to conserve the one-time use disposable gloves for patient contact. Spray gloves down with Clorox mix after use.

3. Bandanna to wear around nose and mouth

To prevent touching of the nose and face while cleaning. To prevent droplets from entering the nose or mouth.

4. Eye cover – cleaning goggles if available

To prevent droplets from entering the eyes

5. Pants and shirt worn for cleaning only

Take outfit for cleaning in a separate bag (Ziploc or grocery bag). Change into outfit at work; this outfit should be worn only while cleaning.

6. Shoes for cleaning

Bring a pair of shoes to work to use while cleaning. Leave these shoes at work, do not wear them home.

If surfaces are dirty, clean them first: Use detergent or soap and water before disinfecting

EFFECTIVE DISINFECTANT

Unscented household bleach

- To make a bleach solution, mix: 5 tablespoons (1/3 c.) bleach per gallon of water OR 4 teaspoons bleach per quart of water

- Follow manufacturer's instructions for application and proper ventilation.

Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

CLEAN EFFECTIVELY

Other common EPA-registered household disinfectants

- Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder-to-kill viruses.

Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method, and contact time, etc.).

For kitchen or food-contact surfaces, rinse with clean water after disinfecting.

HIGH-CONTACT AREAS

Focus cleaning on frequently touched surfaces:

- Toilet flush handles and bathroom
- faucets, sinks, and counters
- Light switches and plates
- Doorknobs
- Railings
- Computers and phones
- Kitchen faucets, sinks, and counters
- Stove and microwave controls
- Remote controls
- Tables and chairs
- Therapy equipment

POROUS SURFACES

For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:

- Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely OR ...

- Use products with the EPA-approved emerging viral pathogens claims (examples at this link) that are suitable for porous surfaces.

CLOTHING AND LINENS

1. Keep soiled items separate from other laundry and handle them carefully with gloves. Wash hands after handling.
2. Use laundry detergent (or bleach for white items) and wash on the hottest setting available, on the longest cycle available.
3. Machine dry on hottest setting if possible.
4. Dirty laundry from an ill person can be washed with other people's items.
5. Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.