



March 20, 2020

Cleaning & Disinfecting for COVID-19

Version 1.0

SANITIZING FOR INFECTIOUS DISEASES

This involves general cleaning (use of soap or detergent to remove dirt and germs) followed by disinfection (using an agent to kill remaining germs e.g. bleach)

NOTE: Alcohol (ethanol 70%) is not recommended for general cleaning.

ROUTINE ENVIRONMENTAL CLEANING

- Clean frequently touched surfaces once daily with a multi-purpose detergent solution. Clean more often if they are found to be dirty
- Clean general surfaces when visibly soiled and immediately after any spillage

EXAMPLES OF FREQUENTLY TOUCHED SURFACES

- Doorknobs, tabletops, counters, desks
- Light switches, elevator buttons, touch screen surfaces, keypads, remote controls, mobile phones
- Faucets, sinks, toilets, toilet handles
- Handrails, bedrails

EXAMPLES OF MINIMALLY TOUCHED SURFACES

- Floors, ceilings, walls
- Curtains, blinds

KEY POINTS:

- Disinfectant should be applied using a damp cloth and the surface allowed to air dry
 - Do not use a spray:
 - The coverage will be uncertain
 - Spraying may cause infectious particles to become airborne
- Damp mopping is preferable to dry mopping
- Clean walls and blinds when visibly dusty or soiled
- Change window curtains regularly and clean when soiled
- Clean sinks and basins regularly

HOW TO PREPARE BLEACH SOLUTION

Use 5.25% bleach

- 1 to 9 solution
 - 1 part bleach to 9 parts water OR
 - 1½ cups bleach to 1 gallon water OR
 - 110-115ml bleach to 1 litre water
- 1 to 99 bleach
 - 1 part of the 1 to 9 bleach solution, to 9 parts water, OR
 - ¼cup bleach to 1 gallon water

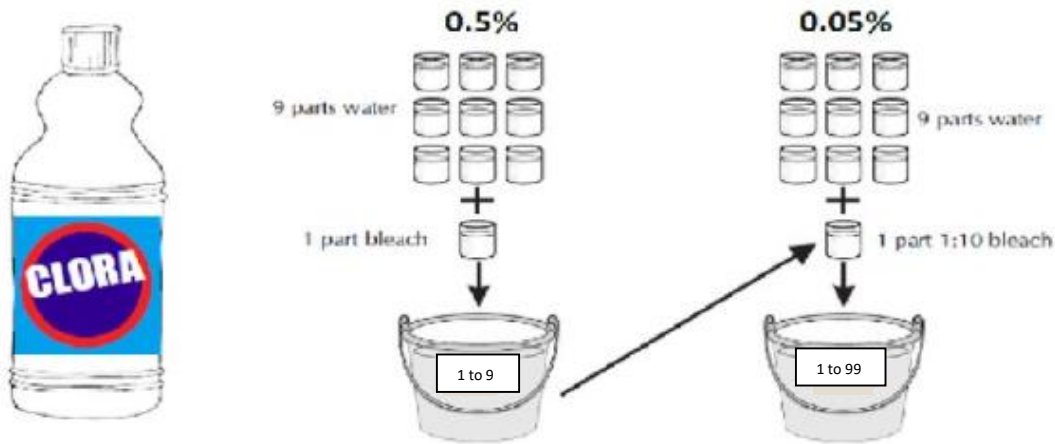
Use cold water. Hot water inactivates bleach

Store solutions in bottles that you cannot see through

Label solutions carefully

Mix it fresh daily

Leave on surface and allow to air dry



CLEANING & DISINFECTING

Surfaces Contaminated with Body Fluids: 1 to 9

- Use multipurpose detergent first. Wipe surfaces
- Disinfect with 1:9 bleach (1 part bleach to 9 parts water)
- Leave to air dry

Surfaces Not Contaminated with Body Fluids:

- Use multipurpose detergent first
- Disinfect with 1:99 bleach
- Leave to air dry

LINENS, CLOTHING, AND OTHER ITEMS THAT GO IN THE LAUNDRY

- Do not shake dirty laundry
- Wash items using the warmest appropriate water setting and dry completely
- Laundry used by an ill person can be washed with other people's items
- Clean and disinfect hampers or carts for transporting laundry

INFORMATION FOR THE CLEANER

- Avoid touching your face, mouth, nose, and eyes when cleaning
- Wear disposable gloves for all tasks, including handling trash
- Discard disposable materials in a leak proof plastic bag
- After cleaning:
 - Remove gloves carefully to avoid contaminating yourself and the surroundings.
 - Place reusable items in a bin for sanitizing
 - Wash your hands
 - Dry with disposable paper

If water is unavailable, use 60-70% alcohol-based hand sanitizer

