

Proper Cleaning and Disinfecting Practices



Cleaning:

- Cleaning must always be the first step to remove dirt and debris from a surface and is necessary for a disinfectant to be effective
- Clean with a detergent, water and friction and clean from least contaminated to most contaminated areas

Disinfectants:

- Disinfectants are applied to a clean surface in order to kill disease causing germs
- Must have a drug identification number (DIN) if approved for use in Canada (common household bleach is the only exception)
- Always follow manufacturer's recommendations (FMR). Read label for direction on: dilution and mixing; personal protective equipment (PPE) needed (e.g., gloves, goggles); surfaces appropriate for use; contact time; and rinsing requirements
- Check the expiry date. If product has expired, do not use. Discard expired product or return to manufacturer
- Ensure correct concentration of disinfectant before use, use measurement tool if available (e.g., test strip)
- Toys should be rinsed thoroughly with water following disinfection

Cleaning and disinfecting wipes:

- Follow manufacturer's recommendations
- Wipes are not recommended as a routine cleaning/disinfectant tool
- They can be used for items that cannot be soaked and for small items that must be disinfected between uses
- Ensure the surface or item remains wet for the required contact time (additional wipes may be needed)
- Wipes must be kept wet and should be discarded if they become dry

Blood or body fluid spills:

- Wipe spills immediately - use disposable towels to remove most of the organic matter, clean the area and then disinfect the spill area
- See chart below for recommended disinfectants to use depending on volume of blood/body spill

When to Clean and Disinfect	Examples of Active Ingredients/Disinfectants	Contact Time (minutes)	Where to Clean and Disinfect
1. Everyday use (non-outbreak) 2. Minor blood/body fluid spill (drops of fluid) Effective against: <i>Vegetative bacteria and enveloped viruses</i> <ul style="list-style-type: none"> • Staphylococcus aureus (includes MRSA) • Streptococcus • Salmonella • Vancomycin Resistant Enterococcus (VRE) • Human Immunodeficiency Virus (HIV) • Hepatitis B and C Viruses • Respiratory Syncytial Virus (RSV) • Influenza Virus 	500ppm bleach solution (See below for recipe)	5	Surfaces: <ul style="list-style-type: none"> • Door knobs • Hand rails • Chairs • Tables • Elevator buttons • Telephones • Counter tops • Sink faucet handles • Toilet seats and flush handles • Toys • Commode chairs • Shared play equipment • Vinyl mattress covers • Floor mats • Water fountains • Diaper change stations Equipment: <ul style="list-style-type: none"> • Blood pressure cuffs • Thermometers • Stethoscopes
	1,000ppm bleach solution (See below for recipe)	2	
	Quaternary Ammonium Compounds (QUATs) (e.g., Lysol®, ED - Everyday Disinfectant, Quato 78 Plus™, A-3®, Swish Clean and Green™) (Not to be used on equipment)	FMR	
	3% Hydrogen Peroxide	30	
	70-95% Alcohol (Ethyl or Isopropyl) (Not to be used on surfaces)	10	
	Others Benefect®	10	
1. Outbreak situation 2. Major blood/body fluid spill 3. Confirmed viral or bacterial infection of pathogens listed below (non-outbreak situation) Effective against: <i>Mycobacteria, enveloped and non-enveloped viruses and fungi</i> <ul style="list-style-type: none"> • Mycobacteria tuberculosis • Norovirus • Hepatitis A Virus • Rotavirus • Coxsackie Virus/Hand, Foot and Mouth Disease • Rhinovirus/Common Cold • Candida 	5,000ppm bleach solution Also a sporicidal (See below for recipe)	10	
	6% Hydrogen Peroxide	30	
	Enhanced Action Formulation Hydrogen Peroxide	FMR	

Note: York Region Community and Health Services does not endorse any of the examples of brand name products listed above.

Bleach solutions:

- Use undiluted household bleach (5.25% or ~50,000ppm) when making the solutions in the chart below
- When making bleach solutions, add bleach to water - do not add water to bleach
- Store bleach solutions in closed, properly labelled containers, away from heat and light
- On-line dilution calculator available from Public Health Ontario at the following link: <http://oahpp.ca/resources/dilution-calculator.html>

Parts per million (ppm) Concentration	Recipes (~ = approximately, t = teaspoon)
500ppm 1:100 (0.05%)	Mix ¼ cup + 2 t (50 ml) of bleach with 19 ¾ cups (4.95L) of water OR Mix 5 t (25 ml) of bleach with ~10 cups (2.475L) of water OR Mix 2 t (10 ml) of bleach with ~4 cups (0.99L) of water
1,000ppm 1:50 (0.1%)	Mix ⅜ cup (100ml) of bleach with 19 ½ cups (4.9L) of water OR Mix ¼ cup + 2 t (50 ml) of bleach with 9 ¾ cups (2.45L) of water OR Mix 2 t (10 ml) of bleach with ~2 cups (490ml) of water
5,000ppm 1:10 (0.5%)	Mix 2 cups (500ml) of bleach with 18 cups (4.5L) of water OR Mix 1 cup (250 ml) of bleach with 9 cups (2.25L) of water OR Mix 5 t (25 ml) of bleach with ~1 cup (225ml) of water

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