



Training Guide: How to Clean and Disinfect

References:

1. CDC Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>;
2. Cleaning for Health in a Business: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/CleaningforHealthBusiness.pdf>
3. Cleaning and Disinfecting Hard Surfaces: <https://www.oakgov.com/health/information/Pages/Cleaning-and-Disinfecting-Hard-Surfaces.aspx>

These are general guidelines. Whenever possible, use disinfecting products that are on the “*EPA’s Registered Antimicrobial Products for Use Against Novel Coronavirus SARS-CoV-2, the Cause of COVID-19*” list. Follow the manufacturer label instructions for using the selected disinfecting product.

Vigor will supply you with the correct cleaning equipment (IE spray bottle- must be labeled with ingredients, rag), cleaning solution (ready for you to use), and PPE (safety glasses & disposable gloves). Personnel should also wear long sleeve shirts, or other (IE Tyvek suit) to protect your skin.

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

A. How to clean and disinfect:

a. SURFACES

- Wear safety glasses, disposable gloves, and long sleeves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. **Clean hands immediately after gloves are removed.**

- If surfaces are dirty, the surface should be cleaned using a detergent or soap and water prior to disinfection. Microfiber cleaning cloths improve cleaning and can be laundered or washed by hand and reused.

- For hard surfaces (including tools), spray the surface -or- cloth and wipe the area with disinfecting fluid and allow the area to air dry.

Areas of focus: Restroom sinks, toilets and urinals, door handles/knobs, lunch room tables, refrigerator handles, microwaves, conference room tables, hard backed chairs, hand rails, conference room tables, vending machine buttons, light switches, thermostats, (desks, and keyboards if desk is open)

NOTE: 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.

b. CLOTHING, TOWELS, LINENS AND OTHER ITEMS THAT GO INTO THE LAUNDRY

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed. •If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.

-If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.

-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. Dirty laundry from an ill person can be washed with other people's items.

-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.

Additional information:

HANDWASHING- the #1 way to keep germs from spreading. Use plain soap and water for handwashing – before eating, after using the bathroom, after coughing and sneezing, etc. Antibacterial soap is not recommended. Use plain fragrance-free soap. When there is no access to a sink with running water, alcohol-based (at least 60% alcohol, dye-free and fragrance-free) hand sanitizer or alcohol-based sanitizer wipes can be used. Hand sanitizers are not a substitute for handwashing, as they are not effective when hands are dirty or greasy. Disinfectant wipes should not be used to clean hands.

HOUSEHOLD DISINFECTING SOLUTION

•For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date and remake daily to ensure maximum effectiveness. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water –or-
 - 4 teaspoons bleach per quart of water

I _____, have read and understand the training instructions above.

Date: _____

Signature: _____