Things to Clean and Disinfect in Daycare Environments

- Staff should clean and disinfect all areas (e.g., offices, playrooms, cribs, bedding, bathrooms, and common play areas).
  - Focusing on frequently touched surfaces.
    - Doorknobs
    - Counters
    - Changing tables
    - Toys
    - Light switches
    - Faucet handles
    - Toilets
    - Tablets
    - Keyboards
    - Crib railings
  - Always clean from least contaminated (light switches, doorknobs) to most contaminated (faucet, handle, toilet) area.

How to Clean and Disinfect:

- Surfaces:
  - If surfaces are dirty, they should be cleaned using a detergent or soap and water before disinfection.
  - Provide disposable wipes so that commonly used surfaces (e.g., keyboards, desks, remote controls) can be wiped down by students and staff before each use.
  - For disinfection, the items listed below should be effective:
    - Diluted household bleach solutions, can be used if appropriate for the surface.
    - Check the product expiration date, to ensure it has not passed. Unexpired household bleach will be effective against coronaviruses when properly diluted.
    - Never mix household bleach with ammonia or any other cleanser.
    - Prepare a bleach solution by mixing:
      - 5 tablespoons (1/3rd cup) bleach per gallon of water; OR
      - 4 teaspoons bleach per quart of water.
    - Alcohol solutions with at least 70% alcohol, AND
    - Most 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 soft (porous) surfaces such as carpeted floor, rugs, and drapes.
- Remove visible contamination if present.
- Clean with appropriate cleaners indicated for use on these surfaces.
- After cleaning:
  - If the items can be laundered,
    - Launder items in accordance with the manufacturer’s instructions.
    - Use the warmest appropriate water setting for the items.
    - Dry items completely.
  - If the items cannot be laundered,
    - Use products with the EPA-approved emerging viral pathogens claims (examples at this link) that are suitable for porous surfaces.

Laundry: Linens, Clothing, and Other Items That Go in the Laundry –
- Do not shake dirty laundry; this minimize the possibility of dispersing virus through the air.
- Wash items as appropriate in accordance with the manufacturer’s instructions.
  - If possible, launder items
    - Using the warmest appropriate water setting for the items
    - Dry items completely.
  - Dirty laundry that has been in contact with an ill person can be washed with other people’s items.
- Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.

What to Wear While Cleaning and Disinfecting:

Personal Protective Equipment (PPE)
- Cleaning staff should wear gloves (disposable or reusable) and may consider gowns for all tasks in the cleaning process, including handling trash.
  - Gloves and gowns should be compatible with the disinfectant products being used.
  - Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
  - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean hands immediately after removing gloves.
- Follow these five steps every time.
  - Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  - Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  - Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
  - Rinse your hands well under clean, running water.
  - Dry your hands using a clean towel or air dry them.
• **Hand Hygiene**
  
  o **Cleaning staff and others should clean hands often.**
    - Including immediately after removing gloves
    - Additional key times to clean hands include:
      - After blowing one’s nose, coughing, or sneezing
      - After using the restroom
      - Before eating or preparing food
      - After contact with animals or pets
      - Before and after providing routine care for another person who needs assistance (e.g., a child)
  
  o **Clean hands by washing hands with soap and water for 20 seconds.**
    - If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains 60%-95% alcohol may be used.
    - If hands are visibly dirty, always wash hands with soap and water.
  
  o Follow normal preventive actions while at work and home, including cleaning hands and avoiding touching eyes, nose, or mouth with unwashed hands.

The following guidance has been taken from the CDC Environmental Cleaning and Disinfection Recommendations, Interim Recommendations for US Community Facilities with Suspected/Confirmed Coronavirus Disease 2019.