

EXPERT TIPS for

SPRING CLEANING

It is almost impossible to maintain a germ-free environment all the time, but one of the most important steps in reducing the spread of infectious diseases is cleaning and sanitizing surfaces that could pose a risk or exposure to germs. Here are a few best practices to get started:



Proper procedure for cleaning a surface:

Use detergent and water to remove dirt. Apply a bleach solution from spray bottle. Allow surface to air dry, minimum of 2 minutes.



To make disinfectant solution:

Mix $\frac{1}{4}$ c. **bleach** with **1 gal. water**, or **1 tbsp. bleach** in **1 qt. of water**. Make solution daily, as heat and sunlight can weaken its effectiveness.



Disposable towels are preferred for cleaning. Place them in a plastic bag-lined container when you are done. If you use cloth rags, place them in a covered receptacle after disinfecting the classroom, and launder the rags after each use.



Sponges are not recommended because they can retain organic material that promote bacterial growth.

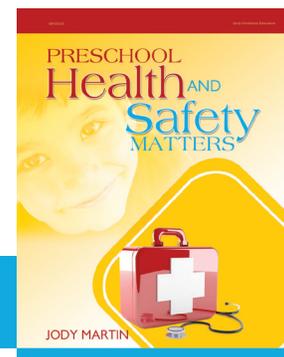


Clean and sanitize **mops** after each use.



If you use **utility gloves** to clean and sanitize toilets, wash the gloves with soapy water and let them dry.

GryphonHouse



Cleaning Guidelines

AREA	CLEAN	SANITIZE	FREQUENCY
Classrooms			
Countertops, floors, doors, and cabinet handles	✓	✓	When soiled or at least daily
Tabletops	✓	✓	Before and after food is served
Food preparation surfaces	✓	✓	Before and after preparing foods and between preparation of raw and cooked foods
Carpets, floors, and large area rugs	✓		Vacuum daily. Wipe up spills and then clean with appropriate carpet cleaner that is approved by the local health department. Clean carpets monthly in infant areas and at least every 3 months in other areas
Small rugs	✓		Vacuum daily and launder weekly
Utensils and toys that go into the mouth or that have been in contact with saliva or other body fluids	✓	✓	Daily or after each child's use
Toys and items that are not contaminated with body fluids (dress-up clothes, blankets, sheets and pillowcases, washable cloth toys)	✓		After every use or at least weekly
Larger toys or equipment	✓		Weekly
Hats	✓		After each child's use
Cribs and crib mattresses	✓		Weekly, as needed when soiled or wet, and before use by a different child
Phone receivers	✓	✓	Weekly
Toilet and Diapering Areas			
Handwashing sinks, faucets, surrounding counters, soap dispensers, doorknobs	✓	✓	Daily and when soiled
Toilet seats, toilet handles, doorknobs, floors	✓	✓	Immediately if soiled and at least daily
Toilet bowls	✓	✓	Daily
Changing tables, potty chairs	✓	✓	After each child's use
General Facility			
Mops and cleaning rags	✓	✓	Before and after a day of use; hang mops and rags to dry
Garbage cans and diaper pails	✓		Daily
Any surface contaminated with body fluids; saliva, mucus, vomit, urine, stool, or blood	✓	✓	Immediately, using universal precautions