

PROPER CLEANING AND DISINFECTION PRACTICES IN CHILD CARE SETTINGS

Cleaning

- Cleaning is the first step to removing dirt and debris from a surface before disinfection
- Disinfectants are not effective when surfaces have dirt, protein, blood, and body fluids or detergents on them
- Clean using a detergent, water, and friction. Rinse and air dry or use a clean cloth before disinfecting to prevent dilution of the disinfectant
- Clean from least contaminated to most contaminated areas and low touch to high touch

Disinfecting

- Disinfecting must follow cleaning to be effective in killing infectious organisms
- When you use a cloth and disinfectant solution in a bucket, do not “double-dip”. This will contaminate the solution
- When using spray bottles to apply chemical products; prevent aerosolization of chemicals by using the stream/squirt function to apply the chemical on a surface or to saturate the cloth. Do not use the spray function
- Ensure all surfaces are wet with the disinfectant for the specified contact time to kill infectious organisms
- Always follow the manufacturer’s instructions for use (MIFU) for dilution and mixing, required personal protective equipment (PPE) (e.g., gloves, goggles), surfaces appropriate for use of the product, efficacy on which organisms it will kill, and rinsing requirements
- Toys that are placed in the mouth should be rinsed thoroughly with clean potable water following disinfection
- Air dry after disinfection/rinsing with water. If there is no time to air dry, use a single-use cloth for each item to prevent cross-contamination if any item was not adequately cleaned and disinfected

Disinfectants

- Disinfectants must have a drug identification number (DIN) or natural product number (NPN) to be approved for use in Canada (Note: Common household bleach is the only exception)
- There are a variety of disinfectants on the market. Choose a disinfectant that is compatible with surfaces in your child care setting, has a general virucidal kill claim to kill common childhood infections and has a contact time that is achievable

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- Check the expiry date. If a product has expired, do not use
- Always pour disinfectant into water when mixing. Do NOT mix with any other chemicals, soaps, or liquids (i.e., vinegar)
- Ensure the concentration of a diluted disinfectant is correct before use (i.e., use test strips)
- Do not use antiseptic wipes and other products intended for skin (i.e., alcohol-based hand rubs) on surfaces
- Disinfectants are generally not intended for use on food contact surfaces, unless indicated by the manufacturer

Bleach (Sodium Hypochlorite) Solutions

- Store bleach solutions in closed containers, away from heat and light
- Bleach solutions should be prepared daily to ensure it is the correct concentration
- A bleach solution with a concentration of 100 ppm requires a 10-minute contact time for it to be effective as a disinfectant
- Bleach solutions with concentrations over 200 ppm used on food contact surfaces must be rinsed off after contact time has been achieved

Disinfecting wipes

- Follow MIFU for wipes and ensure the correct contact time is achieved
- Disinfectant wipes may become dry (improper storage or during use) due to fast drying properties before contact time is achieved
- Small disinfectant wipes may not be the best choice as a routine disinfectant tool, especially for heavily soiled surfaces as well as large surfaces. 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 with the product for the required contact time (additional wipes may be needed)
- Wipes must be kept wet to maintain integrity of the disinfectant and should be discarded if they become dry. Keep container lids closed when not in use

Blood and body fluid spills

- Always conduct a risk assessment and use appropriate PPE (i.e., gloves, gown, mask, eye protection)
- Remove glass or any sharp objects with tweezers or tongs
- Soak up spills immediately – use disposable towels to remove most of the organic matter, clean the area with detergent and water, rinse with clean water, dry, and then disinfect the spill area
- Everyday/low level disinfectants can be used for minor spills
- For major spills, use an outbreak/high level disinfectant

For more information on infection prevention and control, visit York.ca/InfectionPrevention or contact York Region Health Connection 1-800-361-5653; TTY 1-866-252-9933; Health.Inspectors@york.ca

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