



PUBLIC HEALTH DEPARTMENT

Environmental Health Division

Long Term Care Environmental Cleaning and Disinfection Recommendations for COVID 19

Cleaning & Disinfecting

- Clean all surfaces the patient may have come in contact with.
- Use a disinfectant with a label that says “EPA – registered” for corona virus.
- If using a diluted bleach solution, measure concentration using proper test kits.
 - a. To make a bleach solution add 4 teaspoons of bleach to 1 quart (4 cups) of water, or 5 tablespoons (1/3 cup) of bleach to 1 gallon of water.
- Read product label to ensure proper contact time for disinfection.
- Visit link for approved EPA disinfectants <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.
- Read labels of cleaning products and follow recommendations provided on product labels. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves or eye protection and making sure you have good ventilation during use of the product.
- Clean and disinfect all touchable surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean and disinfect any surfaces that may have blood, body fluids, secretions, and/or excretions on them.
- For hard (nonporous) surfaces such as tabletops, screens, seat arms, windows, and walls: remove any visible contamination and clean and disinfect the area with products approved by your company.
- For soft (porous) surfaces such as carpeted floor or seat cushions: remove as much of the contaminant as possible, cover the area with an absorbent substance (e.g., paper towel), and contain the area as much as possible.
- Remove the absorbent substance and any remaining material, and then clean and disinfect the area with products approved by your company.
- For launderable items such as clothes and linens, read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the label.
- Wear gloves and other appropriate personal protective equipment (PPE).
- Wear gloves when cleaning surfaces the patient has come in contact with, including any time an area is visibly contaminated with blood, body fluids, secretions or excretions (e.g. sweat, saliva, sputum, nasal mucus, vomit, urine, or feces).
- Wash your hands immediately after removing gloves.

Cleaning Tools

- Store in a manner to prevent contamination of equipment (handles down, not over clean items or paper products).
- Hallways should have carts assigned or cleaned and disinfected between hallways.

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- Designate cleaning tools for any isolation rooms.
- Clean and disinfect cleaning tools at can wash area.
- Use cleaning cloths per room. Recommend disposable cleaning cloths for isolation rooms.
- Store soiled cleaning cloths in a sealed container with a liner or plastic bag.
- Mop heads should be used per room. Mops don't go back into mop buckets after being used. Recommend using disposable mop heads for isolation rooms.
- Soiled mop heads should be stored in sealed containers or plastic bags.

Laundry

- Soiled clothing/linen should be stored in a sealed linen container or plastic bag at the point of use.
- Place soiled linen in a lined container for transport.
- Soil linen containers must be properly labeled.
- Handle all soiled linen with proper PPE.
- Careful with soiled linen not to shake to aerosol it.
- Laundry room must be equipped with properly operating hand wash sink that is adequately supplied.
- Wash hands after handling soiled linen.
- Wash clothes or linen on high heat.
- Linens must be properly sanitized.
- Check sanitizer to ensure proper ppm with chlorine test kits (check washer trough).
- Laundry personnel must properly wash hands after handling soiled linens, before handling clean items.
- Linen carts must be properly labeled "Clean & Soiled Laundry".
- Monitor movement inside of laundry room to prevent contamination.
- Distribute clean linen in a clean and disinfected covered cart.
- Assign laundry carts to hallway or disinfect between hallway uses.

Food Service

- Eliminate all self-service food, beverage and ice.
- Recommend single service items as much as possible.
- Food and beverage items served may not be re-served or shared.
- Snacks, ice or water for hallway dispense should be in single service cups or bags (no cooler dispensing of ice or water).
- Single service cups for patients must be labelled with patient's name.
- Food carts should be cleaned and disinfected before use between hallways.
- Food service employees should use hand sanitizer or wash hands between rooms.

- Dishwasher must rinse at 180 degrees but not more than 195 degrees or rinse with an approved chlorine sanitizer concentration:
 - Chlorine Sanitizer – 50 to 100 PPM
 - Quat – 200 PPM

***concentration must be checked with appropriate test kit before each meal service.**

- Properly clean and sanitize all equipment.
- Disinfect for all high touch surfaces (door knobs, handles). Use a diluted bleach solution (e.g., dilute bleach with 1 part bleach and 50 parts water) or a household disinfectant with a label that says “EPA-registered” for coronaviruses. To make a bleach solution at home, add 4 teaspoons of bleach to 1 quart (4 cups) of water, or 5 tablespoons (1/3 cup) of bleach to 1 gallon of water.
- If using a diluted bleach solution, measure concentration using proper test kits.
- Read product label to ensure proper contact time for disinfection
- Visit link for approved EPA disinfectants <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.

Water Fountain Physically Turned Off for the Duration of the Outbreak

Disinfectant Concentration Must be Monitored per Each Daily Shift with Proper Test Strips and recorded on log.

Bathroom Facilities

- All shared bathing facilities must be properly cleaned and disinfected between patients and patient care items (shower, shower chairs, toilets, and curtains).
- In rooms with positive COVID-19 bathrooms should be cleaned and disinfected after each use.
- Institutions where bedpans, urinals or emesis basins are used shall provide facilities for emptying, cleaning, and disinfecting bedpans, urinals, and emesis. Where facilities for cleaning bedpans are not provided in patient rooms, bedpans shall be taken to a soiled utility room and be cleaned and disinfected using an EPA registered hospital disinfectant after each use. Where disposable bedpans are reused, they shall be labeled with the patient’s name and date and shall not be used by more than one patient. Bedside commodes shall be cleaned after each use and shall be cleaned and disinfected before use by successive patients. Hand sinks shall not be used for cleaning bedpans or bedside commodes.
- Keep toilet lids closed as much as possible and recommend closing the lid before flushing toilets.
- Personal items should not be stored in shared bathrooms for duration of outbreak.

Safely Dispose of Waste

- Carefully place all waste inside a plastic bag. Tie or tape the bag shut securely to avoid leaking. Keep the bag in a secure place until it can be safely collected for disposal.
- Dispose of all waste according to your company policy.
- For areas not contaminated with diarrhea, vomit, blood, or other body fluids, routine cleaning and disinfection should be performed.
- All trash cans must have a liner.

- Appropriate disposal of PPE
- Dumpsters must remain closed.
- Wash hands after handling garbage.

Med Carts

- Med carts should be cleaned and disinfected.

Activities

- Multi-use equipment and toys (i.e. physical therapy within rooms) should be cleaned and disinfected between patient use.

Sources provided in part from: <https://www.ncdhhs.gov> ;
<https://www.epa.gov>;
<https://www.cdc.gov>