

# Cleaning and Sanitizing<sup>1</sup>



***Equipment, toys and objects used or touched by children will be cleaned and sanitized as follows:***

1. Equipment that is frequently used or touched by children on a daily basis must be cleaned and disinfected when soiled and at least once weekly.
2. Carpets contaminated with blood or bodily fluids must be spot-cleaned.
3. Diapering surfaces must be disinfected after each child.
4. Countertops, tables and food preparation surfaces (including cutting boards) must be cleaned and disinfected before and after food preparation and eating.
5. Potty chairs must be emptied and disinfected after each use. They must not be washed out in a hand washing sink, unless that sink is washed and disinfected after such use.
6. Toilet facilities must be kept clean at all times and must be supplied with toilet paper, soap, and disposable towels accessible to the children.
7. Any surface that comes in contact with blood or bodily fluids must be disinfected immediately.
8. Thermometers and toys mouthed by children must be soaked in a disinfectant before use by another child.

## ***Sanitizing Solution***

Unscented chlorine bleach is the most commonly used sanitizing agent, because it is affordable and easy to get. The State Sanitary Code measures sanitizing solution in “parts per million,” but you can make the correct strength sanitizing solution without having to buy any special equipment. Follow these two easy steps: (1) read the label on the bleach container; and (2) use common household measurements.

### **Read the Label**

Sodium hypochlorite is the active ingredient in chlorine bleach. Different brands of bleach may have different amounts of this ingredient: *the measurements shown in this handout are for bleach that contains 6% to 8.25% sodium hypochlorite*. The only way to know how much sodium hypochlorite is in the bleach is by reading the label. Always read the bleach bottle to determine its concentration before buying it. *If the concentration is not listed, you should not buy that product.*

### **Use Common Household Measurements**

Using bleach that contains 6% to 8.25% sodium hypochlorite, make two standard recommended bleach solutions for spraying nonporous or hard surfaces and a separate solution for soaking toys that have been mouthed by children. Always label each spray bottle with its respective mixture and purpose. Keep it out of children’s reach. The measurements for each type of sanitizing solution are specified on the next page.

<sup>1</sup> Adapted from the Office of Children and Family Services Health Care Plan, Appendix E.

### ***SPRAY BLEACH SOLUTION #1 for food contact surfaces***

Use the following procedures for cleaning and sanitizing nonporous hard surfaces, such as tables, countertops, and other food contact surfaces:

1. Wash the surface with soap and water.
2. Rinse until clear.
3. Spray the surface with a solution of *½ teaspoon of bleach to 1 quart of water* until it glistens.
4. Let sit for 2 minutes.
5. Wipe with a paper towel or let air-dry.

### ***SPRAY BLEACH SOLUTION #2 for diapering surfaces or surfaces that have been contaminated by blood or bodily fluids***

Use the following procedures for cleaning and sanitizing diapering surfaces or surfaces that have been contaminated by blood or bodily fluids:

1. Put on gloves.
2. Wash the surface with soap and water.
3. Rinse in running water until the water runs clear.
4. Spray the surface with a solution of *1 tablespoon of bleach to 1 quart of water* until it glistens.
5. Let sit for 2 minutes.
6. Wipe with a paper towel or let air-dry.
7. Dispose of contaminated cleaning supplies in a plastic bag and secure.
8. Remove gloves and dispose of them in a plastic-lined receptacle.
9. Wash hands thoroughly with soap under running water.

### ***SOAKING BLEACH SOLUTION for sanitizing toys that have been mouthed***

Use the following procedure to clean and disinfect toys that have been mouthed by children:

1. Wash the toys in warm soapy water, using a scrub brush to clean crevices and hard-to-reach places.
2. Rinse in running water until water runs clear.
3. Place toys in soaking solution of *1 teaspoon of bleach to 1 gallon of water*.
4. Soak for 5 minutes.
5. Rinse with cool water.
6. Let toys air-dry.

***When sanitizing equipment, toys, and solid surfaces, the program will use (check all that apply):***

- ☐ EPA-registered product
- ☐ bleach solution made fresh each day
  - ◇ *Spray solution #1: ½ teaspoon of bleach to 1 quart of water*
  - ◇ *Spray solution #2: 1 tablespoon of bleach to 1 quart of water*
  - ◇ *Soaking solution: 1 teaspoon of bleach to 1 gallon of water*