# Cleaning and Disinfection Guide for Health Care Facilities

| Surface/Object | Procedure | Frequency | Disinfectant Type |
|---|---|---|---|
| **Clinic/Patient Care Spaces:**<br>- Examining tables<br>- Baby weigh scales<br>- Baby change tables<br>- Beds, Bedrails<br>- Crib<br>- Call bells | 1. **Clean** with a hospital grade detergent solution or wipe.<br><br>2. **Rinse** with warm, clean water.<br><br>3. **Disinfect** with a low level disinfectant as per manufacturer's instructions.<br><br>4. Allow to **air dry**. | Between patients and when visibly soiled | Low level *phenols not to be used on toys* |
| **High Touch Surfaces:**<br>- Toilets<br>- Sinks/Taps/faucets<br>- Water coolers<br>- Door knobs/handles<br>- Handrails<br>- Countertops<br>- Tables/Chairs<br>- Phones/Computers<br>- Other common items | | Daily and/or when visibly soiled | |
| **Toys**<br>  * Toys should be non-porous and not plush<br>  ** Toys should be removed during outbreaks | | | |
| - Walls<br>- Windows<br>- Blinds/Curtains | - Clean with a hospital grade detergent solution.<br>- Fabrics should be laundered | Monthly or when soiled | No disinfection required |
| - Non Absorbent Floors | - Clean with a hospital grade detergent solution | Daily and/or when visibly soiled | No disinfection required |
| - Carpets<br>- Upholstery (sofas) | - Vacuum, and steam clean as necessary<br>  * Use a vacuum equipped with HEPA filtration | Daily and/or when visibly soiled | No disinfection required |
| Laundry | - Launder linens using detergent and dry on the high heat setting.<br>- Linens soiled with large quantities of organic material require pre-treating to remove the material.<br>- Launder heavily soiled linens separately and add bleach to bleach tolerant materials | After each use | —— |

**When blood / body fluids spills occur on any of the above surfaces or objects, refer to your Nursing Procedures for specific cleaning and disinfection instructions.**
***Please consult with your Nurse in Charge or Environmental Public Health Officer.***

**During an outbreak, thorough environmental cleaning and disinfection with a disinfectant that has demonstrated effectiveness against the specific organism is required. Increasing the disinfectant level may also be required.**
***Please consult with your Nurse in Charge or Environmental Public Health Officer.***

**** CLEANING AGENTS AND DISINFECTANTS USED IN HEALTHCARE FACILITIES MUST HAVE A DIN (DRUG IDENTIFICATION NUMBER) AND LABELLED AS BROAD-SPECTRUM VIRUCIDE.
MAKE SURE TO FOLLOW THE DIRECTIONS ON THE LABEL****

## Disinfectant Classifications

| Low Level | Intermediate Level | High Level |
|---|---|---|
| Low level disinfectants are effective at killing vegetative bacteria and enveloped viruses.<br><br>They are used on non-critical items such as work surfaces, countertops, and other environmental surfaces.<br><br>They are often found in common household cleaning products, with one of the following active ingredients:<br><br>• Quaternary ammonium (eg.) Lysol<br>• Phenols *not to be used in nurseries or on toys* (eg.) Pinesol<br>• 100 ppm chlorine solution = ½ tsp 5.25% household bleach per one litre of water (eg.) Chlorox liquid bleach<br>• 0.5% Accelerated Hydrogen Peroxide | Intermediate level disinfectants are effective for killing vegetative bacteria, enveloped viruses, and fungi.<br><br>They are typically used on non-critical items such as work surfaces.<br><br><br>Examples include:<br><br>• 5000 ppm chlorine solution = 1 part 5.25% household bleach to 9 parts water<br>• 70-95% Alcohol<br>• CaviWipes | High level disinfectants are effective at killing vegetative bacteria, enveloped and non-enveloped viruses, fungi and mycobacteria. They **are not** effective at killing spores.<br><br>They are used for semi-critical and critical items, such as surgical tools/equipment, and are not used for general cleaning purposes.<br><br>Examples include:<br><br>• >2% Gluteraldehyde<br>• 6% Hydrogen peroxide |

**** Please follow manufacturer's instructions for disinfectant preparation**

**For further information about the handling and use of disinfectants please contact your**
**Environmental Public Health Officer (EPHO)**
**Edmonton *(780) 495-4409***
***Calgary (403) 299-3939***

# Cleaning and Disinfectant Products

Cleaning product labels must clearly indicate the following information:
- DIN number
- Product name, clearly labelled
- Quantitative statement of ingredients
- Intended use
- Area and site of use
- Directions for use, including compatible surfaces/instruments
- Dilution procedure, if required
- Mode of application
- Wet contact time
- Rinsing instructions, if required
- Temperature for use and storage
- Appropriate precautionary symbols and statements
- First aid instructions
- Expiry date

Important considerations:
- Select the correct product for the intended task (e.g. cleaning or disinfecting)
- Use approved cleaning solutions and disinfectants
- Check the expiry date prior to use
- The presence of organic soil reduces the effectiveness of disinfectants. Use a two-step process for surfaces that are visibly soiled. Use one wipe to clean and another wipe to disinfect.
- Store all disinfectants out of the reach of children and confused individuals
- Ensure manufacturer's recommended wet-contact time is achieved for proper disinfection
- Cleaning and disinfecting products must have a Safety Data Sheet (SDS) for staff to refer to at all times and labels must be clearly marked
- Wear Personal Protective Equipment (PPE) as required for cleaning and disinfecting medical devices and equipment
- Do not use two different types of cleaning/disinfecting products on the same equipment/environmental surface as the chemicals may react with each other (e.g. accelerated hydrogen peroxide products and quaternary ammonia products)


Adapted: Alberta Health Services (February 2016). Infection Prevention and Control Community-Based Services Resource Manual