



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

INFORMATION SHEET

Cleaning and Disinfecting Tips

November 24, 2020

✓ **First clean, then disinfect**

Cleaning removes germs, dirt, dust, and body fluids from surfaces using water, soap (detergent), and friction (scrubbing and rubbing).

Cleaning removes germs, but it does not kill them.

Disinfecting kills germs using chemicals. It does this best if the surface is clean.

✓ **Getting ready**

1. Read and follow any rules in place at the site you are cleaning.
2. Read and follow all manufacturer instructions for the products you will be using.



Warning: Do not use cleaning products that can react with each other. Make sure that the disinfectant is safe to use after the cleaning product. Do not use any expired products.

3. Check the disinfectant label. Make sure you know how long you have to leave it wet on the surface so that it works. This is also called 'contact time'. Make sure that the product works against viruses like COVID-19.
4. Wear personal protective equipment (PPE) to protect you from germs and chemicals. That includes gloves, gowns, and face protection. Wash your hands before and after using PPE.
5. If you can, have all the products you will be using in squirt bottles. If this is not possible, do not double-dip cloths in cleaning and disinfecting solutions. Only put a clean cloth into the solution once.



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Cleaning order

- ✓ Clean and disinfect:
 - from clean to dirty areas (so that dirty areas do not spread germs to clean areas)
 - from top to bottom
 - from low-touch to high-touch surfaces.



How often to clean

- ✓ Clean and disinfect high-touch surfaces like doorknobs and light switches daily. Do it more often if people at your site are sick.

Low-touch surfaces like floors and walls need regular cleaning but it might not need to be daily. Clean right away if they are soiled in any way.

When you are done

- ✓ Use a caddy or cart to store cleaning and disinfecting supplies, PPE, and alcohol-based hand rub (ABHR).

Do not top-up cleaning or disinfectant solutions.

Clean and disinfect the equipment you have used.