

Cleaning & Sanitizing

Cleaning & sanitizing are different!

To keep germs from spreading, you need to clean **and** sanitize.

- Cleaning gets rid of the dirt you can see- A good **Cleaning Solution** is soap and water.
- Sanitizing gets rid of the germs you cannot see – A good **Sanitizing Solution** is bleach water.

Spray Bottles

General Purpose Sanitizer – ¼ teaspoon bleach to 1 quart of cool water, contact time of 1 minute.

Diaper Area Sanitizer – 1-Tablespoon bleach to 1 quart of cool water, contact time of 1 minute.

Buckets

General Purpose Sanitizer – 1 teaspoon bleach to 1 gallon of cool water, contact time of 1 minute.

Diaper Area Sanitizer – ¼ cup of bleach to 1 gallon of cool water, contact time of 1 minute.

When using bleach do the following:

- Measure and fill a clean spray bottle
- Date bottle
- Empty each bottle at the end of each day



Caution!

Never mix bleach with other disinfectants and/or cleaning products such as ammonia, window cleaners, rust removers, or toilet bowl cleaners. Mixing these chemicals will produce poisonous

Here's how often you need to clean **and** sanitize areas of your center or home:

A. Clean and sanitize after each use:

- Food prep areas (counters & sinks)
- Tables
- Changing table
- Mouthed toys
- Isolation area
- Potty chairs
- High chairs
- Dishes & utensils

B. Clean and sanitize daily:

- Toilets
- Sinks
- Kitchen floor
- Counters
- Infant and toddler toys
- Drinking fountain
- Nap mats & bedding unless labeled for individual use
- Doorknobs

C. Wash and sanitize laundry daily (add bleach if water does not reach 140°F).

D. Vacuum and sweep daily.

E. Clean and sanitize weekly:

- Cubbies
- Cribs & bedding
- Walls
- Refrigerator
- Trash cans
- Nap mats & bedding if labeled for individual use
- Older children's toys

F. As needed:

- Take out garbage
- Open windows for fresh air
- Wipe up spills & splashes
- Scrub kitchen floor
- Remove burners from range and clean underneath them
- Clean out the food trap in the dishwasher
- Clean the filter from the smoke hood
- Vacuum both sides of your inside door mat
- Dust furniture
- Defrost freezer when there is ¼" build-up
- Clean oven
- Clean storeroom
- Clean drip pan under refrigerator
- Clean carpets (twice a year)



**SNOHOMISH
HEALTH
DISTRICT**

Communicable Disease Outreach Program

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