

CLEANING GUIDELINES

Cleaning and Disinfecting Hard Surfaces

- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.
- If household disinfectants are not available, chlorine bleach (sodium hypochlorite or NAOCl) properly diluted with water is an effective disinfectant. Dilution guidelines are:

Chlorine bleach concentrations and mixing instructions:

200ppm (parts per million) - 1:250 dilution

- **Use for stainless steel, food/mouth contact items, toys**
- 1 Tablespoon of bleach in 1-gallon water

1000ppm (parts per million) - 1:50 dilution

- **Use for non-porous surfaces, tile floors, counter-tops, sinks, toilets**
- 1/3-cup bleach in 1-gallon water

5000ppm (parts per million) - 1:10 dilution

- **Use for porous surfaces, wooden floors**
- 1 and ½ cup bleach in 1-gallon water

Stability of Chlorine Bleach

• Open bottles of concentrated chlorine bleach will lose effectiveness after 30 days. Change bottles of bleach every 30 days for accurate concentrations. For disinfecting, use an unopened bottle of chlorine bleach. Prepare a dilution of fresh bleach every day of use and discard unused portions.

Household Cleaning, Laundry, and Waste Disposal:

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand with water and soap.