



# Cleaning and Disinfecting

## Key points for cleaning staff

Making significant behavioural changes to reduce the spread of COVID-19 is necessary. If you are going into a residence to offer cleaning services, there are precautions you can take to protect yourself and others.

### General precautions

- Wash your hands before entering and leaving a residence or workplace.
- Wash hands with soap and water for 20 seconds. If soap and water are not available, use hand sanitizer.
- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth.
- Practice proper respiratory etiquette. Cover your mouth and nose with your arm or a tissue when you sneeze or cough to reduce the spread of germs.
- Stay home if you are not feeling well.
- Do not enter a residence if you are waiting for COVID-19 test results or someone in your household is waiting for results.
- Do not enter a residence if someone in the residence is not well or waiting for COVID-19 test results.
- Practice physical distancing of 2 metres or 6 feet at all times.
- Wear a face covering if you can not maintain physical distancing.

### Clean

- Wear gloves to clean and disinfect. Wash hands after removing gloves.
- Ensure you have the proper training for the use of the cleaning and disinfection chemicals.
- Allow enough contact time for disinfectant to kill germs (as per product).
- Do not dust. Use damp cleaning method such as damp clean cloths.
- Do not sweep; use a vacuum and a wet mop.
- Choose a product that cleans and disinfects all at once.
- Use only disinfectants that have a Canadian Drug Identification Number (DIN).
- Check the expiry date of your products.
- Follow manufacturer's instructions.
- Do not shake dirty laundry.
- Clean and disinfect laundry hampers (see disinfection of soft surfaces).
- Clean your hands in between rooms/clients.

## Environment

- Consider what items can be moved or removed completely to reduce frequent contact and reduce cleaning time.
- Soft, porous materials, such as area rugs and seating can be removed or stored.
- Consider leaving doors open to reduce being touched by multiple people.
- Consider wiping public surfaces before and after you touch them.
- Consider opening windows to improve ventilation.

## Soft surfaces – carpet floor, rugs and drapes

- Clean the surface using soap and water (or what's appropriate for the surface).
- Launder items – use the warmest setting and dry completely.

### OR

- Disinfect with an EPA-registered household disinfectant.
- Vacuum as usual.

## Laundry

- Wash clothes as per instructions. To the warmest appropriate setting.
- Dry items completely.
- Wear disposable gloves when handling dirty laundry.
- Do not shake dirty laundry.
- Clean and disinfect laundry hampers.
- Remove gloves and wash hands right away.

## Resources:

- Public Health Agency of Canada. Coronavirus Disease (COVID-19) Cleaning and disinfecting public spaces <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html> May 12, 2020
- Public Health Ontario. Cleaning and disinfection for public settings. <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en> March 11, 2020
- CDC. Guidance for cleaning and disinfecting – public spaces, workplaces, businesses, schools and homes. <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html> April 28th 2020
- CDC. Cleaning and disinfecting your facility. <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html> April 14th 2020