

Sanitize & Disinfect

Germ on surfaces can make you sick. Protect your health.

Steps to Sanitize or Disinfect



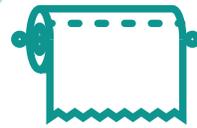
1 **Protect yourself** - always wear gloves (and a mask and apron if disinfecting)



2 **Clean surfaces to remove dirt** before disinfecting or sanitizing (for disinfecting wipes, use separate sheets for steps 2 and 3)



3 **Spray and leave sanitizer/disinfectant** on the surface for the label's recommended amount of time



4 **Dry surface with a clean paper towel** or let the surface air dry

Daily Sanitizing & Disinfection



Sanitize frequently touched surfaces 1-3 times daily (doorknobs, railings, light switches, remotes, etc.)

How to mix your disinfectant or sanitizer solution:



Daily Disinfectant

8.25% bleach

2 tablespoons bleach + 1 gallon water

1 + 1/2 teaspoons bleach + 4 cups water



Disinfect sleeping areas weekly, when dirty, and between clients



Clean and disinfect bathrooms and kitchens 1-3 times daily and sanitize showers between uses



Sanitizer

1/4 teaspoon bleach + 4 cups water





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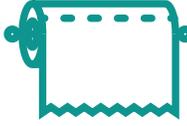
Special Cleaning for Vomit, Diarrhea, or Blood

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1 **Protect yourself** – wear gloves, an apron, eye protection, shoe covers, and a face mask
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2 **Use kitty litter** or baking soda to soak up big spills and scoop up (don't vacuum)
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3 **Use paper towels** and soapy water for wiping and cleaning
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4 **Spray area with disinfectant** and let it sit for the amount of time recommended on the label. For special cleaning use 1 cup bleach +1 gallon water
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5 **Wipe the area with a paper towel** or let it air dry
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6 **Clean and disinfect scrub brushes** and other non-disposable supplies (e.g. machine wash reusable mop heads with hot water and 1/2 cup of bleach)
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7 **Double bag all soiled items and throw them out**
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8 **Wash hands after clean-up**