Sanitize & Disinfect
Germs 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.)
Disinfect sleeping areas weekly, when dirty, and between clients
Clean and disinfect bathrooms and kitchens 1-3 times daily and sanitize showers between uses

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

**Sanitizer**
- 1/4 teaspoon bleach + 4 cups water
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Special Cleaning for Vomit, Diarrhea, or Blood

1. Protect yourself – wear gloves, an apron, eye protection, shoe covers, and a face mask
2. Use kitty litter or baking soda to soak up big spills and scoop up (don’t vacuum)
3. Use paper towels and soapy water for wiping and cleaning
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
5. Wipe the area with a paper towel or let it air dry
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)
7. Double bag all soiled items and throw them out
8. Wash hands after clean-up