



The season for sniffles and runny noses is here and Utica National wants to remind you of the importance of keeping your facility clean.

High-touch surfaces can become contaminated by direct contact with bodily fluids or through indirect contact with other contaminated objects, such as inadequately cleaned rags and sponges or improperly washed hands. High-touch surfaces include doorknobs, light switches, tables, chairs, sink faucets, diaper changing areas and toys. Transferred germs can stay on surfaces for long periods and these surfaces have been shown to play a role in the transmission of pathogens through both direct and indirect contact.

Clean and disinfect high-touch surfaces every day, even if they are not visibly dirty. If they become visibly dirty, clean the surfaces immediately.

### Cleaning

- Wash high-touch surfaces with a clean, reusable cloth or a disposable towel dipped in detergent and warm water.
- Scrub vigorously to remove dirt and soil. Use a brush if necessary.
- Rinse surfaces with warm to hot water to remove cleaning products and debris.
- Disposable towels are preferred for cleaning. If using reusable cloths, launder in hot water between cleaning uses.

### Disinfection

- Follow the instructions on the label of the disinfecting solution.

*Do not mix disinfectants and cleaners unless the label indicates that it is safe to do so. The most common inappropriate mixture of cleaning agents is bleach with an acid or ammonia.*

- Prepare a disinfecting solution daily or as needed.
- Using a clean, reusable cloth or a disposable towel, apply enough disinfecting solution to cover the surfaces thoroughly.
- Let the solution stand for the contact time given on the label. Make sure there is enough disinfecting solution on the surface to stay wet for the recommended contact time.

*Replace the disinfecting solution and cleaning cloths on a regular basis, such as when the water is visibly dirty, in order to reduce the contamination of other surfaces with dirty cleaning products.*

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## Cleaning Electronic Items

- Use disinfecting wipes.
- Wipe the entire surface, paying special attention to keyboards and buttons.
- You may use more than one wipe to keep the surface wet for the given contact time.

## Cleaning Toys

- Toys should be cleaned and sanitized daily.
- Any plastic or rubber toy that enters a child's mouth must be sanitized with 200 ppm bleach (1:250 dilution) and air-dried, or washed at a high temperature (170°F or 76.67°C).

*Be sure to check the manufacturer instructions to determine if the dishwasher will reach the correct temperature for the final rinse. If the dishwasher does not reach this temperature, then sanitize toys using a bleach solution.*

- For toys that can be immersed, pour the sanitizing solution in a large basin or sink. Remove all visible debris from the surface of the toys, and allow the toys to soak for one to five minutes to achieve sanitization.
- For toys that cannot be immersed in sanitizing solution, clean all surfaces of the toy ensuring that clean cloths and solutions do not become contaminated (*do not double dip*). Allow surfaces to remain wet for one to five minutes to achieve sanitization.
- For soft toys, pre-wash to remove visible debris. Then wash with detergent/bleach. Discard if necessary.
  - Machine wash the soft toys in hot water (at least 140-160°F or 60-71.1°C) using bleach if fabrics are white.
  - Dry toys in a dryer on the high heat setting.

## Diaper-Changing Stations

- Surfaces should have a plastic covered pad without cracks.
- Use a disposable material to cover the changing table pads. Discard after each diaper change.
- Clean the surface after every diaper change by washing with detergent and water and rinsing with clean water.
- Apply disinfecting solutions, following recommended contact time.
- Let the station air dry before the next use.

## Recommended Disinfectants

See U.S. EPA list of registered products effective against noroviruses.

Follow product labels for use and dilution:

- Ethyl or isopropyl alcohol (70-90%)
- Sodium hypochlorite (5.25-6.15% household bleach diluted 1:10)
- Phenolic germicidal detergent solution
- Iodophor germicidal detergent solution

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