

Date 3/13/2020

## **Recommended Environmental Cleaning and Disinfection Guidelines**

Dear Community Partner,

With the weekend whirlwind of 3A Basketball teams and their families visiting our area, we thought it pertinent to share some recommendations regarding cleaning and disinfection for places that house individuals overnight. As the Public Health Division of Coos Health & Wellness, we aim to ensure that our community is equipped with the proper tools to stay healthy and safe. If you have any questions you can email us at [covid19.questions@chw.coos.or.us](mailto:covid19.questions@chw.coos.or.us), or visit our COVID-19 webpage <https://cooshealthandwellness.org/public-health/novel-coronavirus-2019-covid-19/>.

Guest rooms' cleaning and disinfection recommendations:

### Surfaces:

- If hard surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove any visible contamination, clean with a detergent or soap and then disinfect with a solution described below.
  - o As an alternative items that can be laundered can be washed with warm water and then machine dried completely
- Surfaces like a doorknob, light switch, TV remote, phone, desk or counter top, etc. that are frequently touched by hands, but not visibly dirty, should be disinfected frequently.
- For effective disinfection use: (1) diluted household bleach, (2) an agent with at least 70% alcohol, and (3) a variety of ammonia, quats, etc. products can be found by googling "EPA-registered household disinfectants."
  - o Recognize any product expiration date, ventilation needs, and always follow the product manufacturer's instructions (e.g., concentration, application method, contact time, etc.).
  - o When using a bleach solution for disinfection:
    - Mix 5 tablespoons (1/3 cup) bleach per gallon of water or
    - 4 teaspoons bleach per quart of water
    - Make sure the bleach solution is safe for the material by testing it in an inconspicuous place.
    - Never mix household bleach with ammonia or any other product.

### Linens, Clothing, and Other Items That Go in the Laundry:

- Do not shake dirty laundry to minimize the possibility of dispersing virus through the air.
- Wash items as needed. Soiled laundry that has been in contact with an ill person can be machine washed with other items. Launder items using warm water and dry items completely.

- Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.

#### Personal Protective Equipment (PPE) and Hand Hygiene:

- Cleaning staff should wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.
  - o Additional PPE might be required to reduce risk of splashing onto skin.
  - o Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean hands after removing gloves.
- Gloves should be removed after cleaning a room or area occupied by ill persons. Clean hands immediately after gloves are removed.
- Cleaning staff and others should clean hands often, including immediately after removing gloves by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains 60% alcohol or more may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- **Avoid incidental food contamination by taking food breaks in a clean place away from the laundry room or yet to be cleaned lodging rooms and by washing hands immediately prior to eating.**
- Wash hands after (1) blowing the nose, coughing or sneezing, (2) before preparing food, (3) after using the restroom, and (4) avoid touching eyes, nose or mouth with unwashed hands.

#### Additional Considerations for Employers:

- Go to <https://cooshealthandwellness.org/> to stay apprised of COVID-19 risks.
- Ensure workers are trained on the hazards of the cleaning chemicals used in the workplace as per OSHA's Hazard Communication standard (29 CFR 1910.1200).
- OSHA provides standards for controlling risks of Blood borne Pathogens (29 CFR 1910.1030), and safe disposal of regulated waste, and PPE (29 CFR 1910.132).
- For a more comprehensive review of CDC Recommended Environmental Cleaning and Disinfection Guidelines go to: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

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