



First Nations Health Authority
Health through wellness

COVID-19

Environmental & Equipment Cleaning Practices

From FNHA CD Management IPC Team
Communicable Disease Population and Public Health
Updated: January 2021

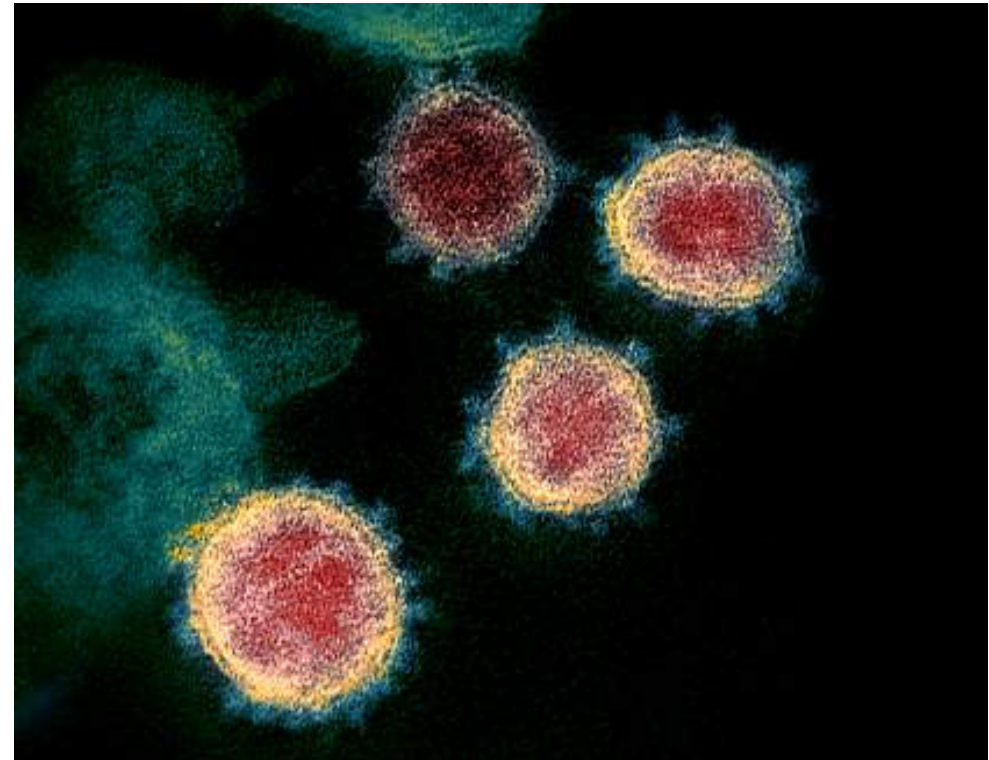


COVID-19: What is it?

Respiratory Disease

[Coronaviruses](#) are part of a large family of viruses

Caused by a Coronavirus SARS-CoV-2





Symptoms of COVID-19

- Fever, chills, cough, shortness of breath, sore throat and painful, swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite
- Other less common symptoms are gastrointestinal in nature: nausea, vomiting and/or diarrhea



First Nations Health Authority
Health through wellness

COVID-19

How is it spread?



How is the Virus Spread?



- Spread by respiratory droplets when people with COVID-19 sneeze, cough, or talk.
- Spread by contact with surfaces/objects contaminated with respiratory droplets

- People may become infected with COVID-19 if they touch their eyes, nose, or mouth after touching contaminated surfaces/objects



First Nations Health Authority
Health through wellness

COVID-19

How can housekeeping personnel prepare?



Routine Practices

Routine practices reduce the spread of germs



from
patient
to
patient



from
patient
to
staff



from
staff
to
patient



from
staff
to
staff

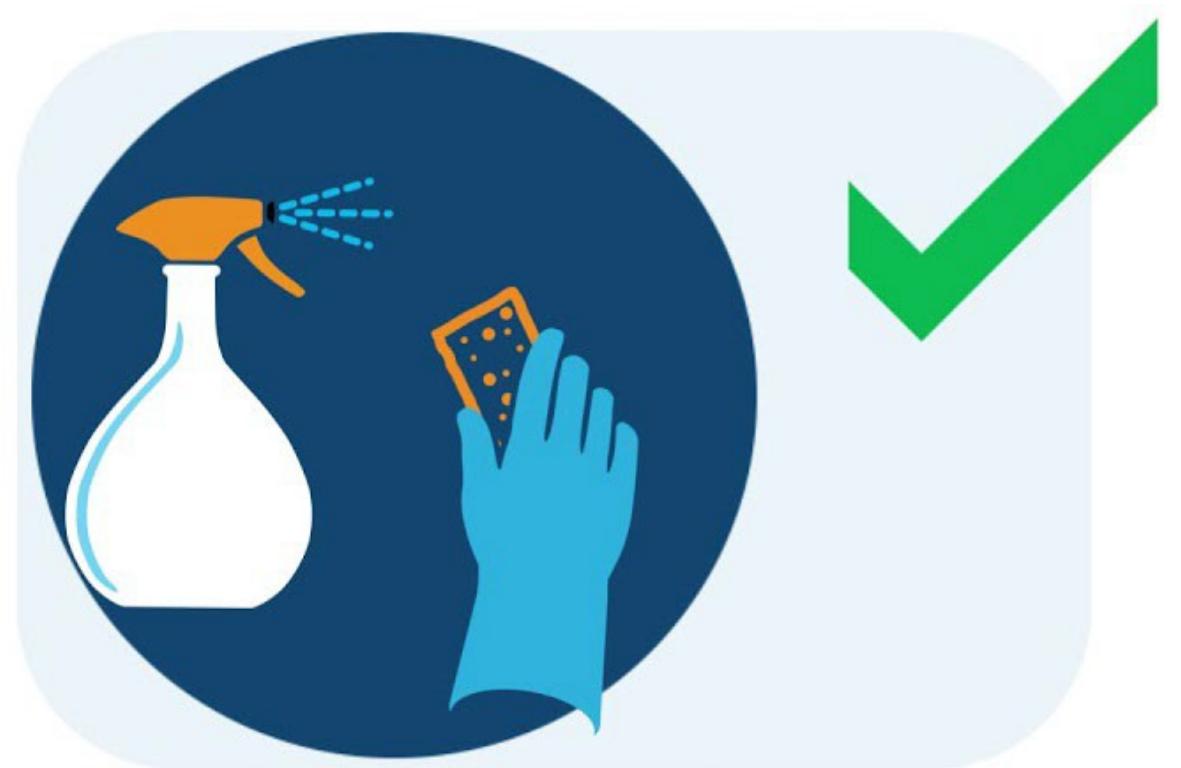
Environmental Cleaning

1) **CLEAN** and 2) **DISINFECT** client care areas on a **regularly scheduled basis**.

Surfaces must be cleaned of visible dust, dirt, and organic matter before the use of a disinfectant. Recommend not just using disinfectant on a visibly soiled surface until it is cleaned.

Refer to Housekeeping Manual:

https://www.fnha.ca/WellnessSite/WellnessDocuments/HP_Housekeeping-Manual.pdf





Cleaning Versus Disinfection

Cleaning: the physical removal of visible soiling (e.g., dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

IMPORTANT NOTES:

- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, contact time and safe use.
- All visibly dirty surfaces should be cleaned BEFORE disinfecting (unless otherwise stated on the product).

Cleaning and Disinfecting: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>



Daily Cleaning and Disinfecting Procedures

CLEAN AND DISINFECT AT LEAST

- TWICE DAILY and
- After each client encounter

FREQUENTLY TOUCHED SURFACES (ie)

- Medical Equipment
- Reception desk
- Door knobs, light switches
- Phones, keyboards, mice
- Patient contact areas (waiting rooms, chairs, tables, etc)
- Washrooms





Considerations for Equipment Cleaning and Disinfection

Equipment Cleaning	Key Considerations
Items that cannot be cleaned easily	<ul style="list-style-type: none"> • Should be removed (toys, magazines, etc.)
Items that cannot be appropriately cleaned	<ul style="list-style-type: none"> • Should be discarded after use or should not be used or should be made cleanable (i.e. laminate paper signs)
Equipment coverings	<ul style="list-style-type: none"> • Remove and discard between clients • If underlying equipment may be contaminated clean and disinfect before replacing the covering
Reusable equipment	<ul style="list-style-type: none"> • Clean and disinfect between each client use and after blood and bodily fluid contamination
Single use equipment	<ul style="list-style-type: none"> • Discard into a waste bin not requiring touching with the hands
Dishes, cutlery, and food waste	<ul style="list-style-type: none"> • Use gloves to remove these items from a client care area.



Considerations for Equipment Cleaning and Disinfection

Equipment Cleaning	Key Considerations
Linen	<p>Laundry should be placed in a laundry basket with a plastic liner.</p> <p>Don't shake soiled items</p> <p>Wear gloves and a procedure mask when handling.</p> <p>Wash with regular laundry soap and hot water (60-90°C)</p> <p>Clean your hands with soap and water immediately after removing your gloves.</p>
Regular Waste	<p>All waste can go into regular garbage bins.</p> <p>Line the wastebasket with a plastic bag. This makes waste easier and safer to dispose.</p> <p>When emptying wastebaskets, take care to not touch used tissues with your hands.</p> <p>Clean your hands with soap and water after emptying the wastebasket.</p>

For further details refer to <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

Correct Cleaning Order

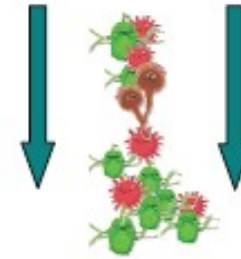
1. Clean from the cleanest area to the most contaminated area
2. Clean from high surfaces to low surfaces and outside surfaces to inside surfaces



The Correct Cleaning Order

1. Work from **highest** point in the room to the **lowest** point in the room

CEILING



FLOOR

2. Work from the **outside** edges of the room to the **inside** area of the room



3. Work from **cleanest** objects/surfaces in the room to the **dirtiest** objects/surfaces in the room





Personal Protective Equipment (PPE) When all other measures are not possible (Face to face with the contagion)



Retrieved from: Google images



Point of Care Risk Assessment / Risk Assessment

All PPE should be selected based on Risk Assessments
(what hazards will you be exposed to?)

All workplaces should have processes and procedures to
assess work hazards and preventative measures.

i.e. Risk assessments, implementation of the hierarchy of
controls, PPE selection and use, etc.

**For further information regarding your workplace specific PPE, please consult
with your Workplace Health and Safety Representative**



Hand Hygiene

Washing with Soap and Water



1. Wet your hands.



2. Apply enough liquid soap to cover your hands.



3. Lather and scrub your whole hand, including the front, back and fingers - 20 seconds.



4. Rinse - 10 seconds.



5. Dry your hands with a paper towel.



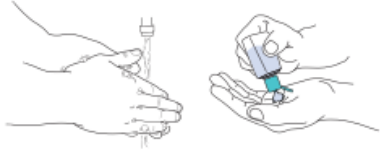
6. Turn off tap with the paper towel.

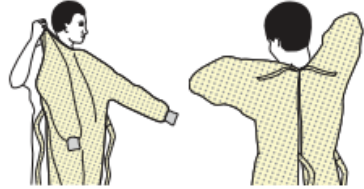
Using alcohol-based hand sanitizer


1. Remove hand and arm jewelry
2. Remove visible contaminants with a wet wipe
3. Apply alcohol based hand sanitizer and rub hands together until dry


Handwashing is one of the most important and effective infection control measure to stop the spread of health care associated infections.

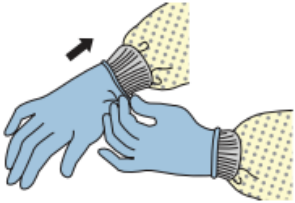
Donning PPE

- 1 Hand hygiene**


Clean all surfaces of hands and wrists
- 2 Gown**


Cover torso and wrap around back, fasten in back of neck and waist
- 3 Surgical/procedure mask**


Secure ties at middle of head and neck, fit nose band to your nose and pull bottom down to completely cover chin
- 4 Eye protection**


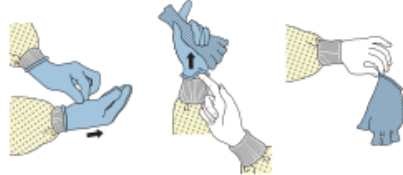
Place goggles or face shield over face and eyes and adjust to fit
- 5 Gloves**


Extend to cover wrist of gown




Doffing PPE

1 Gloves




The outside of gloves are contaminated. Grasp palm area of one gloved hand and peel off first glove. Slide fingers of hand under other glove at wrist and peel off. Discard in regular waste bin.

2 Perform Hand Hygiene




Clean all surfaces of hands and wrists.

3 Gown



Unfasten ties, pull gown away from neck and shoulders, touching ONLY the inside of the gown. Turn gown inside out and roll into a bundle. Place in soiled laundry hamper (if reusable) or in regular waste bin (if disposable).


4 Perform Hand Hygiene



Clean all surfaces of hands and wrists.


! If you are NOT 2 meters away from the patient, exit room now, perform hand hygiene, and finish the remaining steps.

5 Goggles or Face Shield



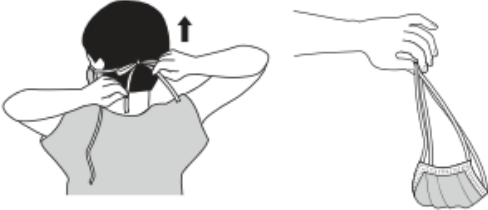
Do NOT touch the front of the eye wear. Place in receptacle for reprocessing (if reusable) or in regular waste bin (if disposable).

6 Perform Hand Hygiene




Clean all surfaces of hands and wrists.

7 Surgical or Procedure Mask



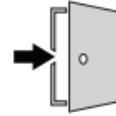
Grasp ties or elastics at back and remove WITHOUT touching the front. Place in receptacle for reprocessing or in regular waste bin.

8 Perform Hand Hygiene



Clean all surfaces of hands and wrists.

9 Exit Room



Exit room and perform hand hygiene.

PPE Considerations

More pieces and layers of PPE
doesn't mean more protection

Wearing extra PPE complicates the doffing process
and increases the risk of self-contamination



Evidence-based guidance from international experts* **does NOT** recommend double gloving, head, neck or shoe covers for precautions needed for protection from COVID-19.

If you wear items such as ear savers, barrettes,
hooks etc. make sure you know how to remove
them without contaminating yourself



FNHA Housekeeping Manual

FNHA step-by-step housekeeping manual can be found at:

https://www.fnha.ca/WellnessSite/WellnessDocuments/HP_Housekeeping-Manual.pdf



Procedure for Damp Wiping

Materials



Disposable nitrile gloves, gown and mask with eye protection (if needed)



Prepared surface cleaner/disinfectant solution in pail. Fresh surface cleaner/disinfectant solution should be made up at the start of each day. See [Procedure for Mixing Surface Cleaner/Disinfectant](#) (page 69)



Clean cloths



Alcohol-based hand rub



Pail for dirty cloths

Method

STEP 1

- Risk assessment: every time you do a housekeeping task you must assess the risks of exposure to germs



STEP 2

- Put on gloves

STEP 3

- Wet the clean cloth in the surface cleaner/disinfectant solution



- Squeeze the cloth so that it is wet but not dripping

Procedure for Damp Wiping.....	11
Procedure for Damp Mopping.....	14
Procedure for Water Cooler Cleaning.....	18
Procedure for Clinic Toy Cleaning.....	21
Procedure for Bed/Stretcher/Exam Table Cleaning.....	23
Procedure for Wheelchair Cleaning.....	26
Procedure for Tub/Shower Cleaning.....	28
Procedure for Washroom Cleaning.....	31
Procedure for Commode Cleaning.....	38
Procedure for Handling and Disposal of Sharps.....	40
Procedure for Handling and Disposal of Clinic Garbage.....	42
Procedure for Cleaning Blood and Other Body Fluid Spills on Floors.....	45
Procedure for Cleaning Blood and Other Body Fluid Spills On Carpet.....	49
Procedure for Cleaning Vomit or Feces on Floors.....	53
Procedure for Handling Soiled Laundry and Bedding.....	57
Procedure for Care, Use and Maintenance of All Housekeeping Equipment/Supplies.....	60
Procedure for the Care and Maintenance of Personal Protective Equipment.....	61
Procedure for the Care, Use and Maintenance of the Vacuum Cleaner.....	62
Procedure for Care, Use and Maintenance of Damp Mopping Equipment.....	64
Procedure for Care, Use and Maintenance of Other Housekeeping Equipment/Supplies.....	66
Procedure for Mixing Surface Cleaner/Disinfectant.....	69



Knowing your Cleaning & Disinfecting Products

What can it do?

- i.e. Bactericidal, Fungicidal, Tuberculocidal, Virucidal, Sporicidal

How do you use it?

- i.e. Contact Time (how long a surface needs to be wet with the cleaning solution to be effective)

What can it be used on?

- i.e. Equipment manufacturer's instructions for use or MIFU, will it void warranties? damage equipment?





Examples of Environmental Cleaning Disinfectants

Disinfectants	Recommendations
Sodium Hypochlorite 5.25% (Bleach) 1:100 dilution	Add 10 ml of bleach to 990 ml of water. Ensure that the cleaning cloth is sufficiently wet with the solution before applying to the surface.
Sodium Hypochlorite 5.25% (Bleach) 1:50 dilution	If a surface has been contaminated with bodily fluids (mucus, vomit, feces) use a stronger bleach mixture. Add 20 ml of bleach to 980 ml of water.
Accelerated Hydrogen Peroxide 0.5% (AHP)	Used also for cleaning and disinfecting surfaces and medical equipment.



Examples of Disinfectant Wipes

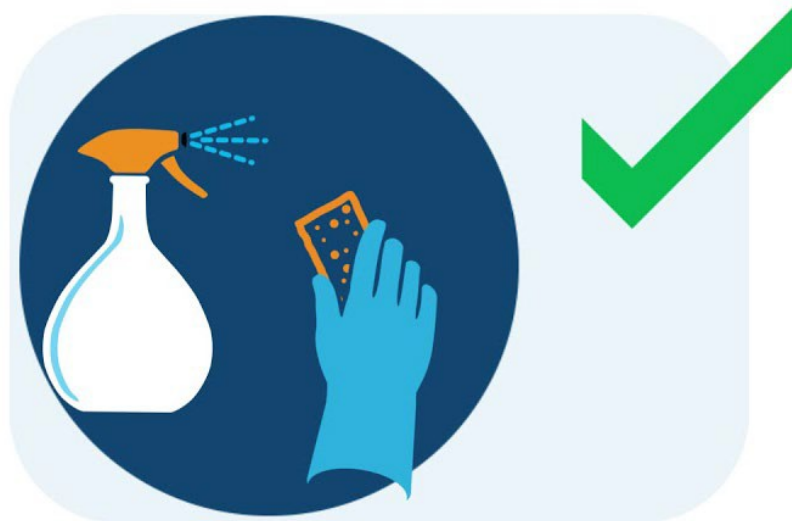




Review of Cleaning Process

Key Principles

- 1) **CLEANING** of visibly soiled surfaces followed by 2) **DISINFECTION**
- Clean from cleanest to dirty.
- Clean from high to low surfaces and outside to inside surfaces



Daily Cleaning Procedures

- Clean at least **TWICE DAILY** and after each client encounter.
- Clean frequently touched areas, exam room and places droplets could land.



Protect Yourself

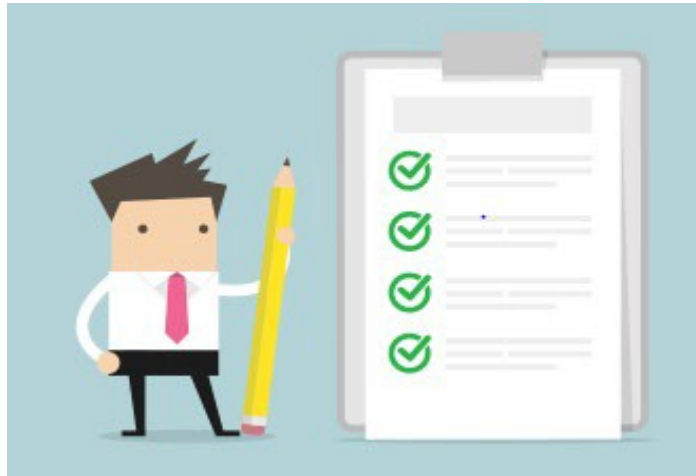
1. Frequent hand washing
2. Wear the right equipment for the job
3. Avoid cleaning when clients are being assessed, treated, especially if the client is coughing if possible



Be Organized

i.e. Cleaning Cards

- help you to learn what you have to do in every room or area
- Inform best practice method for cleaning



i.e. Checklist

- list all the things in the room that you need to clean
- post your checklists in each room or area
- help your manager to see what you need to clean in each room and area
- a checklist be made for each room and clinic area. Items should be added or removed to match what is in the room



Additional Documents



First Nations Health Authority
Health through wellness

**Infection Prevention & Control
Measures for Client Transportation**
Interim Guidance

**COVID-19 Recommendations for Cleaning
In Community Health Care Settings**



First Nations Health Authority
Health through wellness



First Nations Health Authority
Health through wellness

COVID-19

Where can I find reliable information?

For COVID-19 information, please see:

HealthLinkBC (811) Webpage

<https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19>

Public Health Agency of Canada Webpage

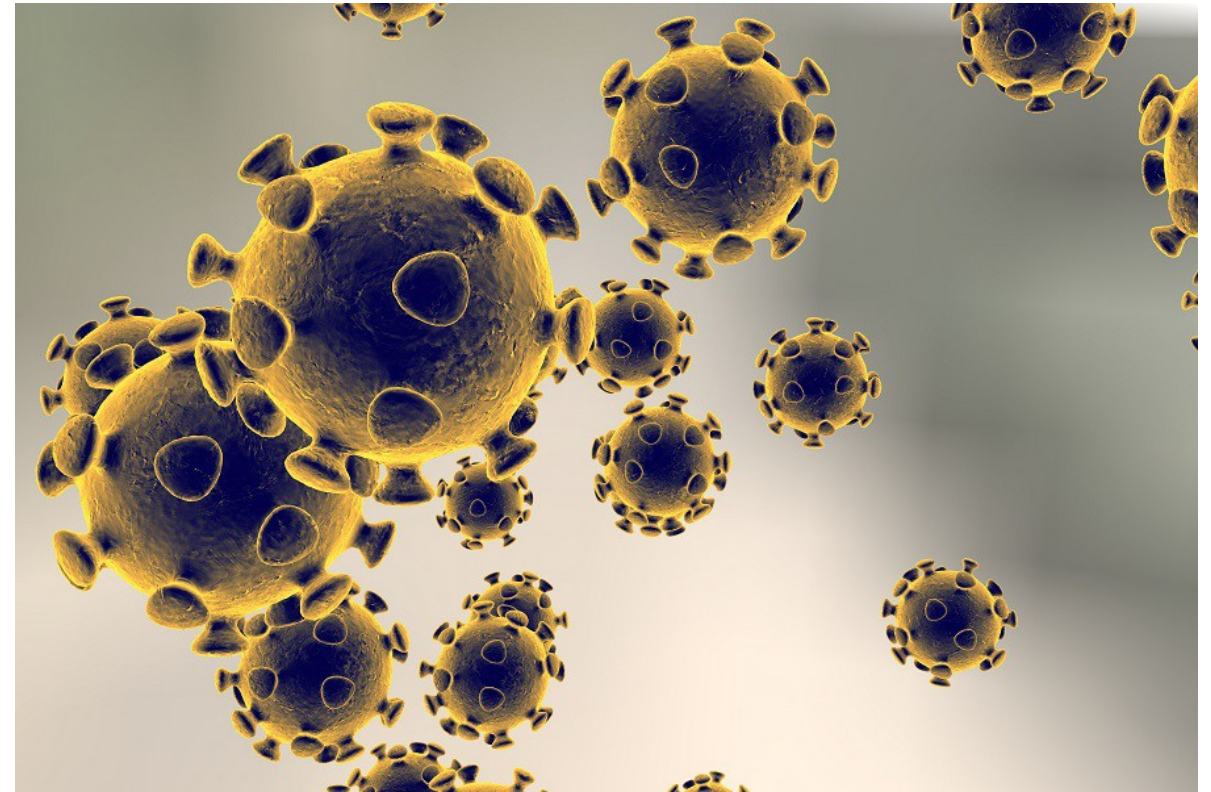
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

BC Centre for Disease Control Webpage

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

FNHA Webpage

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>





References

<https://www.picnet.ca/wp-content/uploads/British-Columbia-Best-Practices-for-Environmental-Cleaning-for-Prevention-and-Control-of-Infections-in-All-Healthcare-Settings-and-Programs.pdf>

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-19_MOH_BCCDC_EnvironmentalCleaning.pdf

<https://www.fraserhealth.ca/-/media/Project/FraserHealth/FraserHealth/Health-Topics/Long-term-care-licensing/Clinical-and-Safety-Information/IC9-0200---Housekeeping-September-2006.pdf>

<https://www.islandhealth.ca/sites/default/files/2019-05/environmental-cleaning-guide.pdf>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-acute-healthcare-settings.html#a4.13>

[https://remote.fraserhealth.ca/+CSCO+1h756767633A2F2F6E63637930313137++/quality_and_patient_safety/infection_control/novel_coronavirus/FH%20COVID-19%20Cleaning%20and%20Disinfection%20for%20Community%20Settings%20\[Mar%209\].pdf](https://remote.fraserhealth.ca/+CSCO+1h756767633A2F2F6E63637930313137++/quality_and_patient_safety/infection_control/novel_coronavirus/FH%20COVID-19%20Cleaning%20and%20Disinfection%20for%20Community%20Settings%20[Mar%209].pdf)