

Purpose

This document is intended to serve as a 'quick-guide' to assist health care staff to determine appropriate cleaning related to COVID-19 in nursing stations and health centres.

How to Clean

Supplies:

- For regular, daily cleaning, disposable gloves should be worn. Conduct a risk assessment prior to cleaning to determine which additional PPE is required. *Risk assessment is thinking about your chances of contacting microbes and other dangers before you start any housekeeping task and before you have any patient contact.

Steps:

1. Wash your hands:

- Prior to doing any cleaning or putting on gloves, wash your hands with soap and water (for at least 20 seconds) or alcohol based hand rub (60-90%).
- After completing cleaning, remove your gloves and wash your hands with soap and water (for at least 20 seconds) or alcohol based hand rub (60-90%).
- If hands are visibly soiled, use soap and water (for at least 20 seconds).

2. Clean off dirt:

- Surfaces must be cleaned of visible dust, dirt, and organic matter (urine, vomit or feces) before the use of a disinfectant. Do not use disinfectant on a visibly dirty surface until it is cleaned.

3. Disinfect:

- After cleaning, apply a disinfectant to kill microbes.
- If you have access to a hospital-grade disinfectant, use it according to the instructions.
- Saturate a cleaning cloth with disinfectant and then thoroughly wipe all the surfaces. Avoid using a spray bottle because 'spraying' can aerosolize microbes on the surface.
- Note that the product must be in contact with the surface (wet) for a length of time determined by the manufacturer in order to be effective.
- Common disinfectants used to get rid of respiratory viruses include:
 - **Bleach (5.25% Sodium Hypochlorite)** is a good disinfectant.
 - 1:100 dilution Chlorine.
 - Add 10 ml of bleach to 990 ml of water.
 - NOTE: If a surface is contaminated with bodily fluids (mucus, vomit, feces) use a stronger bleach mixture.
 - 1:50 dilution Chlorine
 - Add 20 ml of bleach to 980 ml of water.
 - **Accelerated Hydrogen Peroxide 0.5% (AHP)** is additional disinfectant that can be used.
 - **Disinfectant wipes** may also be used to clean and disinfect surfaces between clients.
 - Wipes should have **hospital grade active ingredients** and have a **DIN number from Health Canada**. Use according to manufacturer guidelines. Note that the product must be in contact with the surface (wet) for a length of time determined by the manufacturer in order to be effective.

When to Clean

Daily Cleaning

- In the healthcare facility, frequently touched surfaces should be cleaned twice daily. Examples of frequently touched surfaces include the following:
 - Reception desk
 - Medical equipment
 - Door knobs, light switches
 - Telephones, keyboards, computer mice, pens,
 - Charts and phones
 - Bathrooms
 - Patient contact areas (waiting rooms, chairs, tables, etc)
- Exam rooms/client treatment rooms should be cleaned after each use.
 - Surfaces in exam rooms and client treatment rooms, which have been touched by clients, must be cleaned between each client. This includes counters, scales and examination tables.

Isolation Discharge Cleaning:

- When a client with infectious respiratory symptoms leaves, the room must be thoroughly cleaned and disinfected before the next use. As a reminder, if an aerosol generating medical procedure (AGMP) has occurred, please refer to BCCDC Guidelines found at this link: http://www.bccdc.ca/Health-Info-Site/Documents/Environmental_Service_Providers_Health_Care.pdf
- Start with the area that is cleanest and move to the dirtiest and from high surfaces to low surfaces. For example, clean the counter and chair and then the floor.
- Gowns, gloves and procedure mask must be used and disposed of safely. Staff should be trained on how to prevent self-contamination when doffing protective equipment. This includes the order in which to put on items as well as how to doff the items in a safe manner**
 - For step by step instructions please see:
 - http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_MOH_BCCDC_Donning.pdf
 - http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_MOH_BCCDC_Doffing.pdf

Key Reminders

- All toys, magazines, stuffed animals, loose cushions and other items that cannot be cleaned easily should be removed from waiting areas and treatment rooms.
- Single use equipment should be disposed of in a no-touch waste bin. Never reuse disposable equipment.
- Reusable equipment should be cleaned between clients and when contaminated with blood or body fluids.
- Linens, dishes and cutlery do not require special cleaning. Use gloves to remove these items from a client care area.
- If an item cannot be adequately cleaned, THROW IT OUT.

*An N95 respirator is to be used after an aerosol generating medical procedure for clients with respiratory illnesses if not enough time has occurred for the ventilation system to remove airborne micro-organisms.

**For personal protective equipment information consult with your employer

References

This document should be used in conjunction with the following references:

BCCDC COVID-19 Information Sheet for Environmental Service Providers in Health Care Settings

http://www.bccdc.ca/Health-Info-Site/Documents/Environmental_Service_Providers_Health_Care.pdf

BC Best Practices for Environmental Cleaning in All Health Care Settings

<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>

FNHA Housekeeping Manual

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