

COVID-19 Environmental Cleaning and Disinfection - Information for Public Facilities

This fact sheet is intended to provide information to public facilities on cleaning, disinfection and general precautions related to COVID-19.

What Do I Need To Know?

- The COVID-19 virus can survive for several days on different surfaces and objects.
- Frequent cleaning and disinfection is important to prevent spread of the disease.
- Many common household and commercial disinfectant products will destroy the COVID-19 virus.
- Some disinfectants will have an 8-digit Drug Identification Number (DIN). These products are approved for use by Health Canada.
 - Household bleach (5% sodium hypochlorite) may not have a DIN but may be used following instructions below.

What Do I Need To Do?

- Clean often. Areas visited by people should be kept clean and free from clutter.
- Commonly touched areas should be cleaned and disinfected twice daily or whenever visibly soiled.
- Commonly touched areas include light switches, door knobs, toilets, taps, hand rails, counter tops, toys, touch screens/mobile devices and keyboards.
- Clothing and fabric items should be laundered and dried on the highest temperature setting possible. Ensure items are thoroughly dried.

Is There a Difference Between Cleaning and Disinfection?

- Yes. Cleaning products remove dirt, dust and oils that can protect germs but don't always kill germs.
- Disinfectants are applied after cleaning to destroy germs.
- Cleaning is required prior to disinfection to remove soil and ensure the effectiveness of the disinfection step (unless otherwise indicated by manufacturer).
- Common disinfectants include bleach solutions, quaternary ammonium (QUAT), alcohol (70%) and peroxide. Vinegar, tea tree oil solutions, etc. are not proven to be effective disinfectants.

How Do I Make a Disinfecting Solution?

- Always read product labels and follow the manufacturer's directions. Do not use expired products.
- According to Health Canada, a disinfecting solution can be made by mixing one part of bleach into 50 parts of water. For example, 1 teaspoon (5 mL) bleach into 1 cup (250 mL) water. These directions are based on bleach that is 5% sodium hypochlorite.
- Do not mix soap or other cleaners into the bleach and water solution.
- Apply the disinfecting solution using a spray bottle or a clean wiping cloth.
- Always use Personal Protective Equipment (PPE) including protective gloves.
- Food contact surfaces should be rinsed with fresh water after disinfecting.
- Toys that may be mouthed by children must be thoroughly rinsed after disinfection.
- If using disinfectant wipes, manufacturer's recommended contact time (i.e., how long the surface remains wet) must be met. Disinfectant wipes are not recommended for heavily soiled surfaces.

What Else Can I Do to Prevent the Spread of the COVID-19 Virus?

- Reduce contact between people in your facility. When possible, provide extra space between clients.
- Wash your hands often with soap and water. Scrub for 20 seconds.
- Use hand sanitizer when hands are not visibly dirty and hand washing isn't available. Only use hand sanitizer approved by Health Canada (DIN or NPN number).
- Avoid touching your face, mouth, nose and eyes.
- Stay home and self-isolate if you are sick.
- Practice social distancing in general.
- Avoid close contact with others who are sick.
- Practice good respiratory hygiene. Cover your coughs and sneezes and then wash hands with soap and water.
- Avoid shaking hands.

For further information on COVID-19, please visit:

- Government of Saskatchewan: www.saskatchewan.ca/coronavirus
- Government of Canada: www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html