



## Allegheny County Department of Human Services Helpful Resources

### Cleaning and Disinfecting Guidance

#### **Cleaning and Disinfecting Guidance for Behavioral Health Residentially Based Care/Services, Congregate Foster Care, and other Housing Providers**

Programs should establish and implement a schedule of cleaning and disinfecting following CDC guidelines (below) for highly trafficked areas and those likely to be touched.

- **High Touch/High Traffic Areas:** It is encouraged to sanitize or disinfect frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) a minimum of 3-4 times per day and more frequently if resources and capacity allow.
- **Bathrooms:**
  - In locations with several bathroom facilities, one bathroom should be set aside for the client(s) who have symptoms consistent with COVID-19 or have tested positive for COVID-19. Surfaces, shower knobs, curtains, handles, and other high-contact surfaces should be sanitized each time these clients use the facilities. If possible, leave the bathroom window open to help reduce aerosolized droplets.
  - In locations with one bathroom, it is critical to clean and disinfect surfaces after clients who test positive for or have symptoms consistent with COVID-19 use the facility. Ventilation fans should remain on and windows should remain open during that time, and no steam should remain when the next resident uses the bathroom.
- **Laundry:** When washing clothes, staff should be instructed to be careful not to shake out items or hold dirty laundry close to their body while transporting it, to maintain distance from their own clothes and face. Use of a hamper is recommended. After handling linens or clothing of someone who tested positive for COVID-19, staff are encouraged to wash their hands with soap and water.
- **Dishes:** Dishes do not need to be cleaned in a different manner if used by individuals who test positive for COVID-19. However, they should be washed thoroughly after use.
- **Kitchen:** Providers should continue to follow all food safety guidelines. ACHD has released Food Safety guidelines specific to COVID-19: [alleghenycounty.us/Health-Department/Programs/Food-Safety/Food-Safety-Program.aspx](https://alleghenycounty.us/Health-Department/Programs/Food-Safety/Food-Safety-Program.aspx)

## **CDC COVID-19 Guidance on Cleaning and Disinfecting**

**Wear disposable gloves to clean and disinfect.**

### **Clean:**

- Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.
- High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

### **Disinfect:**

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use disinfectant.
- Recommend use of EPA-registered household disinfectant. Follow the instructions on the label to ensure safe and effective use of the product.
- Many products recommend:
  - Keeping surface wet for a period of time (see product label)
  - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted. Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute
  - To make a bleach solution, mix:
    - 5 tablespoons (1/3rd cup) bleach per gallon of water OR
    - 4 teaspoons bleach per quart of water
- Alcohol solutions with at least 70% alcohol.

### **Soft Surfaces such as carpeted floor, rugs, and drapes:**

- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.
- Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

### **OR**

- Disinfect with an EPA-registered household disinfectant.

### **Electronics, such as tablets, touch screens, keyboards, remote controls, and ATM machines:**

- Consider putting a wipeable cover on electronics.
- Follow manufacturer's instruction for cleaning and disinfecting.
  - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

**Laundry, for clothing, towels, linens and other items:**

- Wear disposable gloves.
- Wash hands with soap and water as soon as you remove the gloves.
- Do not shake dirty laundry.
- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- Dirty laundry from a sick person can be washed with other people's items.
- Clean and disinfect clothes hampers according to guidance above for surfaces.

**Cleaning and disinfecting your building or facility if someone is sick:**

- Close off areas used by the sick person.
- Open outside doors and windows to increase air circulation in the area. Wait 24 hours before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect all areas used by the sick person, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.

**When Cleaning:**

- Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.
  - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
  - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- Wash your hands often with soap and water for 20 seconds.
  - Always wash immediately after removing gloves and after contact with a sick person.
  - Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to wash hands include:
  - After blowing one's nose, coughing, or sneezing.
  - After using the restroom.
  - Before eating or preparing food.
  - After contact with animals or pets.
  - Before and after providing routine care for another person who needs assistance (e.g., a child).

## **When Someone is Sick**

- Keep separate bedroom and bathroom for sick person (if possible)
  - The sick person should stay separated from other people in the home (as much as possible).
  - If you have a separate bedroom and bathroom: Reduce cleaning to as-needed (e.g. soiled items and surfaces) to minimize the amount of contact with the sick person.
  - Caregivers can provide personal cleaning supplies to the sick person (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants.
  - If shared bathroom: Clean and disinfect after each use by the sick person. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

## **Food**

- Stay separated: The sick person should eat (or be fed) in their room if possible.
- Wash dishes and utensils using gloves and hot water: Handle any non-disposable used food service items with gloves and wash with hot water or in a dishwasher. Clean hands after handling used food service items.

## **Trash**

- Dedicated, lined trash can: If possible, dedicate a lined trash can for the sick person. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

## **Detailed Guidance:**

[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)