

# Changes to Cleaning and Disinfecting during COVID-19

## 1. Increase your bleach disinfectant concentration

Per [CDC recommendations](#), the bleach **disinfecting solution** used in child cares should be mixed at a higher concentration to effectively kill the virus that causes COVID-19. **During the COVID-19 pandemic, this higher level of bleach disinfecting solution should replace the normal body fluids/bathroom/diapering solution you are used to mixing.** The **sanitizing solution** should remain the same as pre-COVID-19 to make sure the exposure levels are safe for mouthed toys or surfaces that may come in contact with food. Check the label on the bleach bottle for the percentage of “sodium hypochlorite” and use the charts below to mix your solutions accordingly.

### Method for Mixing Bleach during COVID-19

#### **Sanitizing** using bleach concentrations of sodium hypochlorite 5.25– 8.3%

Solution for <b>sanitizing</b> on Food Surfaces, in Kitchen and Classrooms	Amount of Bleach	Amount of Water	Contact time
<b>8.25-8.3%</b>	<b>¼ teaspoon</b>	1 quart	2 minutes
	<b>1 teaspoon</b>	1 gallon	2 minutes
<b>5.25-6.25%</b>	<b>½ teaspoon</b>	1 quart	2 minutes
	<b>2 teaspoons</b>	1 gallon	2 minutes

#### **Disinfecting** using bleach concentrations of sodium hypochlorite 5.25 – 8.3%

Solution for <b>disinfecting</b> for Body Fluids, Bathrooms and Diapering	Amount of Bleach	Amount of Water	Contact time
<b>8.25-8.3%</b>	<b>1 Tablespoon</b>	1 quart	1-2 minutes
	<b>4 Tablespoons (¼ cup)</b>	1 gallon	1-2 minutes
<b>5.25-6.25%</b>	<b>4 teaspoons</b>	1 quart	2 minutes
	<b>5 Tablespoons (½ cup)</b>	1 gallon	2 minutes

#### Definitions:

- **Sanitizers** are used to reduce germs from surfaces but not totally get rid of them. Sanitizers reduce the germs from surfaces to levels that are considered safe.
- **Disinfectants** are chemical products that destroy or inactivate germs and prevent them from growing. Disinfectants are regulated by the U.S. Environmental Protection Agency (EPA).

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## 2. Relabel containers and spray bottles used for **disinfecting**

(Download and print labels from the [Child Care Health Program website](#))

<p><b>3. DISINFECT for COVID-19</b> Body Fluids/ Bathroom/ High Touch Surfaces</p> <p>Using: SODIUM HYPOCHLORITE 5.25-6.25% <b>4 teaspoons BLEACH</b> <b>1 quart cool water</b></p> <p>1-2 minute contact time</p>	<p><b>3. DISINFECT for COVID-19</b> Body Fluids/Bathroom/ High Touch Surfaces</p> <p>Using: SODIUM HYPOCHLORITE 8.25-8.3% <b>1 Tablespoon BLEACH</b> <b>1 quart cool water</b></p> <p>1-2 minute contact time</p>
<p><b>3. DISINFECT for COVID-19</b> Body Fluids/ Bathroom/ High Touch Surfaces</p> <p>Using: SODIUM HYPOCHLORITE 5.25-6.25% <b>5 Tablespoons (½ cup) BLEACH</b> <b>1 gallon cool water</b></p> <p>1-2 minute contact time</p>	<p><b>3. DISINFECT for COVID-19</b> Body Fluids/Bathroom/ High Touch Surfaces</p> <p>Using: SODIUM HYPOCHLORITE 8.25-8.3% <b>4 Tablespoons (¼ cup) BLEACH</b> <b>1 gallon cool water</b></p> <p>1-2 minute contact time</p>

## 3. Increase how often you use the 3-Step Method to 1. Clean 2. Rinse and 3. **Sanitize/Disinfect** items and surfaces in your facility

- **Disinfect** (using the higher concentration described above) high touch surfaces frequently throughout the day when children are not in the immediate area and when proper ventilation can be ensured. High touch surfaces may include sink faucets, door knobs, cabinet and drawer pulls, sign-in stations, baby gates, refrigerator handles, non-mouthed toys, etc.
- After closing for the day, thoroughly clean and **disinfect** high touch surfaces.
- Continue to use your normal **sanitizing** solution for any mouthed toys, pacifiers, food prep surfaces, high chair trays, and other items that may come into contact with food or children's mouths.

## 4. If you have a confirmed or suspected case of COVID-19 in your child care

- Any rooms the sick person spent time in should be cleaned and **disinfected** using the higher concentration described above.
- Open windows and doors to the outdoors to increase air circulation in these areas. If possible, wait 24 hours or as long as practical after the sick person was in a space before beginning to clean and **disinfect**.
- Refer to "Checklist for Child Care Administrators: Steps to Take When you have a Suspected or Confirmed COVID-19 Case in Your Facility"