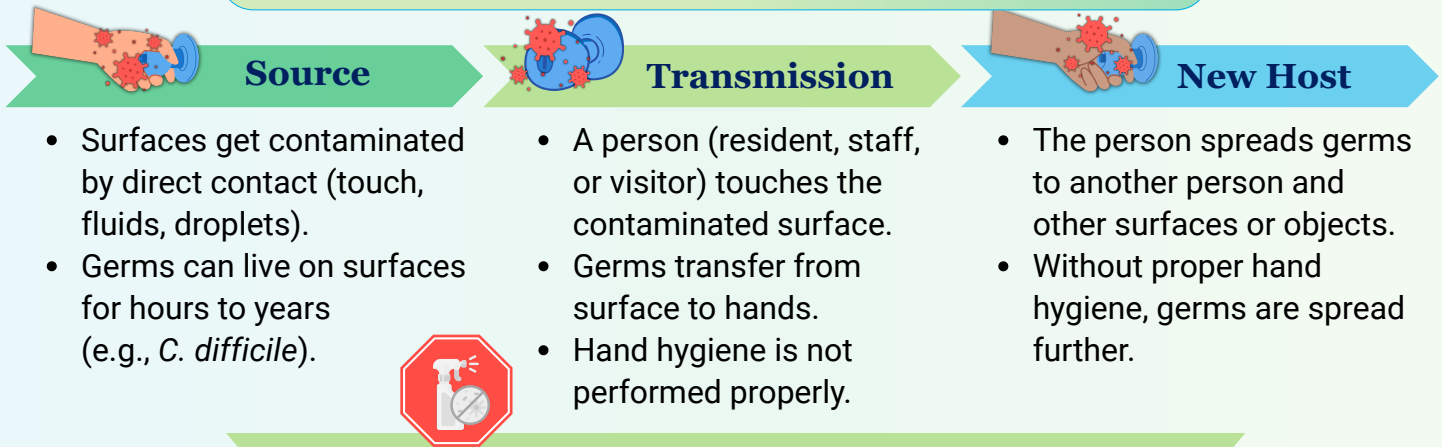




Environmental Cleaning and Disinfection: Reference Guide

You play a key role in infection prevention. Germs live on surfaces and can spread quickly between residents, staff, and visitors. You have the power to stop the spread of infection.

Germs Spread from Surfaces & Cause Infection



Stop Transmission with Proper Cleaning & Disinfection

- Clean & Disinfect High Touch Surfaces:** Healthcare personnel and residents touch many surfaces each day such as bedrails, beds, chairs, bed side table, door handles, toilets, showers, between bedspaces, floors, light switches, sinks, and clean supplies.
- Clean & Disinfect Reusable Items:** Various equipment may be used for more than one resident. Clean and disinfect items between each resident (e.g., walker, wheelchair, thermometer, blood pressure cuff).

Cleaning vs. Disinfection:



Cleaning

- Removes visible soil from objects and surfaces
- Needed before disinfection (unless disinfectant product label states it can be used for both cleaning and disinfection)



Disinfection

- Removes most germs present on surfaces that can cause infection or disease
- Follows cleaning and requires wet contact time to work.

Reducing Bioburden = Reducing Germs:

Bioburden is the number of germs on an object or surface. Do your part:



Practice proper hand hygiene



Clean and disinfect all rooms after discharge and when a new resident is admitted



Wear appropriate PPE



Clean and disinfect portable equipment after each use (e.g., BP cuffs, walkers)



Clean and disinfect high-touch areas at least daily



Environmental Cleaning and Disinfection: Learning Guide

Cleaning Supplies & Processes:

Proper use of disinfectants is key to preventing the spread of germs in healthcare settings.



Disinfectants

- Kills or inhibits germ growth.
- Not all products work the same. Make sure to use EPA disinfectants approved for healthcare settings. Follow your facility's policy.
- Do not utilize homemade products because they are not tested for effectiveness.
- Always follow the manufacturer's instructions for contact/wet time to kill germs, PPE to use, and proper surfaces to use the product on.



Read the Label

- What can you find on the label of a product?
 - What the product will kill (viruses, bacteria, fungus, spores)
 - Instructions for use
 - Contact/wet times to follow
 - Appropriate surfaces to be used on



Contact/Wet Times

Contact time is the time required for a disinfectant to kill germs on a *pre-cleaned* surface.

- Make sure surfaces stay wet the entire time listed on the label to kill the germs.
- Always clean first unless the product is clean + disinfect in one. It will note on the label if the product can be used for both.
- Perform hand hygiene after cleaning or using products.



PPE Used in Cleaning

- Appropriate use of PPE is critical to prevent the spread of germs and is important for some cleaning and disinfection tasks.
- Depends on:
 - Resident's infection prevention precautions (e.g., contact, droplet)
 - Chemicals to be used in the room
- Check Safety Data Sheet (SDS), manufacturer's instructions, facility policy chemical usage and safety steps.

Step By Step Tips:

- **Proceed from cleanest to dirtiest.** This helps avoid spreading dirt and germs.
 - Always clean resident areas before resident bathroom.
 - During terminal cleaning, clean other surfaces before high-touch surfaces.
- **Work from top (high) to bottom (low)**
- **Focus on high touch surfaces.** See the list on page 1.
- **Check: Is the room really clean?**
 - Visual check: Looks clean or passes a finger swipe (fast but not foolproof)
 - Objective check: Use of fluorescent markers like Glo-Germ to confirm

Check Label

Pre-clean (if needed)

Apply Disinfectant

Ensure Contact Time

Hand Hygiene