



Cleaning and Sanitation: How to Prevent Disease

Cleaning and sanitizing your child care environment is one of the best ways to help decrease illness. It is natural for children to touch any and all areas they can reach, creating the need to clean and sanitize all surfaces, including toys.

The following is a chart that will provide guidance on how and when to clean and sanitize.

4 Steps to Sanitize Surfaces: 1. Clean surfaces with warm, soapy water,

2. Rinse with clear, warm water, 3. Apply a sanitizing bleach solution or an approved manufactured sanitizer for at least 2 minutes, and 4. Let solution air dry and/or wipe dry with clean paper towel after 2 minutes.

Tables, food preparation surfaces, toys, cots, and items you spray.	Spraying	1 tablespoon of bleach to 1 gallon of warm water or approved sanitizer	Wash the areas or items with warm water and soap before sanitizing. <ul style="list-style-type: none"> • Spray bleach solution until surface is wet and glossy. • Let solution stand for 2 minutes. • Allow to air dry or wipe with clean disposable towel after 2 minutes
Diaper changing surfaces, toilets, and other surfaces with extremely little blood contamination	Spraying	¼ cup of chlorine bleach to 1 gallon of water <u>Or</u> 1 tablespoon of chlorine bleach to 1 quart of water	Wash the areas warm water and soap before sanitizing. <ul style="list-style-type: none"> • Spray bleach solution on surfaces until wet and glossy. • Let solution stand for 2 minutes. Allow to air dry or wipe with clean disposable towel after 2 minutes.
Areas saturated with blood or blood products	Spraying.	Use 1 cup of bleach to 9 cups of water – 10% solution. <u>Or</u> Smaller quantity using same concentration. 2. Clearly mark concentration.	Proper gloving procedures should be followed with cleaning areas where blood is present. <ul style="list-style-type: none"> • Sprays bleach solution on surfaces until wet and glossy. • Let solution stand for 2 minutes. Allow to air dry or wipe with clean disposable towel after 2 minutes
Toys, dishes, silverware, bottles	Dipping methods	1. Use ½ teaspoon of household bleach to 1 gallon of water or approved sanitizer 2. Soak object for 60 seconds (one minute) 3. Allow to air dry	Wash the areas or items with warm water and soap before sanitizing. A three compartment sink is suggested. Water should 170 ° F.
Toys, dishes, silverware, bottles, nipples	Automatic Dishwasher	1. Use on hot cycle 2. Use drying cycle or allow to air dry	Dishwasher should be able to have a water temperature of 155 degrees or higher. A commercial dishwasher should be considered for facilities that care for many children.

Mouthed toys should be placed in a container or sink then cleaned and sanitized before the toys are put back into the play area. High use toys/furniture should be cleaned daily and all other toys (including dress up cloths) and furniture should be cleaned weekly.

Resources:

Download Cleaning checklist and other sample health and safety policies and forms at

www.iidc.indiana.edu/ecc/res-health.htm

Sanitizing Solutions Form: <http://www.in.gov/fssa/carefinder/learnmore/childcareforms.html>

Managing Infectious Diseases in Child Care and Schools, AAP, 2005

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