

Personal Safe Cleaning for COVID-19 Sample Plan and Routine

Plan completed by _____ Date _____

Products:

TX DSHS does not endorse the use of any specific products but recommends using fragrance free products that contain safer chemical ingredients whenever possible.

*All List N products are disinfectants. Many of these products are also registered as sanitizers. To select a List N sanitizer, look for a product with separate instructions for sanitizing and disinfecting. Be sure to follow the right instructions for task being done. Disinfecting often needs a higher product concentration or longer contact time.

Product Type	Name of Product/EPA number	Rinse?	Contact Time
Cleaner: Soap		Yes	n/a
Cleaner: all-purpose			n/a
EPA List N product for sanitizing*; food contact safe			
EPA List N product for disinfecting*			
For tablets/electronics			
Laundry Detergent		n//a	n/a

Choosing Safer Products:

Choose cleaning products certified by either EPA's Safer Choice program or Green Seal.

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Choose disinfectants with safer active ingredients, such as:

- Citric Acid
- Hydrogen peroxide
- Lactic acid
- Ethyl alcohol/ethanol
- Isopropyl alcohol

Or choose disinfectants certified by EPA's Design for the Environment (DfE) Program.

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Bleach (sodium hypochlorite) may be used in place of an EPA List N product. Bleach should be EPA registered and not be low splash or scented. Bleach expires one year from the day it was manufactured.



Steps for Safe and Effective Disinfecting for COVID-19

1. Make sure using the right EPA List N product for the right surface.
2. Carefully read original label or manufacturer's instructions.
3. Pre-clean to remove dirt, dust, and grime.
4. Apply and keep surface wet with product for the full contact time.
5. Wear required protection and always wash hands after removing gloves.
6. Lock products out of reach of children and away from food and drinks.

Reducing Chemical Exposures: Simple Safety Steps

Check off the steps you are taking to protect yourself and those around you!

- | | |
|--|---|
| <input type="checkbox"/> Using the lowest effective concentration of the product. | <input type="checkbox"/> Never mix products, especially with bleach. |
| <input type="checkbox"/> Avoid using products with disinfectant ingredients to clean. | <input type="checkbox"/> Store chemicals in original containers away from children. |
| <input type="checkbox"/> Protect your skin and eyes with the proper protective equipment, such as gloves, goggles, and aprons. | <input type="checkbox"/> Never drink, breath, or inject chemicals into your body or apply them directly to your skin. |
| <input type="checkbox"/> Ensure good ventilation when using products with chemical fumes. | <input type="checkbox"/> Apply product with a cloth. Do not spray into air or use aerosols. |
| <input type="checkbox"/> Do not let children handle disinfectant wipes. Plan to disinfect when children will not be nearby. | <input type="checkbox"/> Avoid using products around people with asthma. If you have asthma, take extra precautions. |

Bleach

Bleach is potentially harmful and should be used with caution.

Always follow the manufacturer's instructions for dilution and contact time. Follow CDC guidance for using bleach during the pandemic.

All bleach solutions must be safely disposed of and made fresh every 24 hours to be effective at killing germs.

Bleach solutions will be made:

By _____

Daily at _____ AM/PM

Additional Safety steps for bleach:

- NEVER MIX with anything but water; can form deadly gases.
- Avoid use around people with asthma or other respiratory conditions.
- Wear gloves, goggles, and an apron or other protective clothing when making bleach solutions.



Sample Cleaning, Sanitizing, and Disinfecting Routine to Reduce the Spread of COVID-19

Based off best practice recommendations from Center for Disease Control and Prevention 's Guidance for Child Care Programs and Caring for Our Children: National Health and Safety Standards and requirements from Texas Child Care Regulations Minimum Standards for Child Care Homes.

Food Areas	Method	How Often?	Products	Notes	By whom?
Food preparation surfaces	Clean, Sanitize	Clean and sanitize <i>before and after</i> each use		Use sanitizer safe for food contact surfaces. Rinse if instructed.	
Eating utensils & dishes	Clean, Sanitize	Clean and sanitize <i>after</i> each use		Use sanitizer safe for food contact surfaces followed by a water rinse OR sanitize in automated dishwasher	
Tables & highchair trays	Clean, Sanitize	Clean and sanitize before and after each use		Use sanitizer safe for food contact surfaces. Rinse if instructed.	
Countertops	Clean, Sanitize	Clean after each use and sanitize daily		Use sanitizer safe for food contact surfaces. Rinse if instructed.	
Food preparation appliances	Clean, Sanitize	Clean after each use and sanitize daily		Use sanitizer safe for food contact surfaces followed by a water rinse OR sanitize in automated dishwasher	
Mixed use tables	Clean, Sanitize	Clean and sanitize <i>before</i> serving food		Use sanitizer safe for food contact surfaces. Rinse off instructed.	
Refrigerator	Clean	At least monthly		Rinse after cleaning	



Play Area	Method	How Often?	Products	Notes	By whom?
Hard plastic toys, tablets	Clean, Sanitize	Clean as needed. Sanitize daily or before use by different child.		Can sanitize toys in dishwasher free of dishware. Make sure product is safe for tablets before using.	
Pacifiers, mouthed plastic toys	Clean, Sanitize	Do not share. Clean as needed and sanitize daily.		Do not share. Sanitize in automated dishwasher or boiling water.	
Stuffed animals, cloth toys, dress up clothes	Clean	Machine wash when soiled or before use by a different child.		Wash on highest temperature safe for materials with "free and clear" detergent.	
Tables and other furniture used by children	Clean, Sanitize	Clean as needed and sanitize daily or before food is served.		Clean between activities or groups of children and sanitize before serving food.	
Shared activity centers	Clean, Sanitize	Clean and sanitize between groups of children.		Use sparingly	
Hard Floors	Clean	Cleaned daily and when soiled.		For carpeted areas, vacuum daily and clean regularly and when soiled.	
Outdoor play equipment	Clean	Follow your regular cleaning routine		May consider cleaning high touch surfaces between groups of children.	



Bathroom and Diapering Area	Method	How Often?	Products	Notes	By whom?
Countertops, sinks, toilets, floors	Clean, Disinfect	Clean and disinfect at least daily and whenever soiled by bodily fluids.			
High touch surfaces: doorknobs, sink and toilet handles	Clean, Disinfect	Clean and disinfect daily and more frequently based on use.		Frequency will be based on your best judgment	
Potty chairs	Clean, Disinfect	Clean and disinfect after each use.			
Changing tables	Clean, Disinfect	Clean and disinfect between every diaper change.		You may also use clean disposable coverings changed after each use on changing tables per Minimum Standards	
Diaper pails	Clean, Disinfect	Clean and disinfect daily			
Other items	Method	How Often?	Products	Notes	By whom?



High Touch Surface Area	Method	How Often?	Products	Notes	By whom?
light switches, door knobs, cabinet handles, keyboards	Clean, Disinfect	Clean frequently. Disinfect daily or more frequently based on use.		Frequency will be based on your best judgment.	
Sleeping Area	Method	How Often?	Products	Notes	By whom?
Sleeping equipment: cribs, cots, nap pads	Clean, Sanitize	Clean and sanitize whenever soiled and before use by another child.		Use sanitizer safe for food contact if infant mouths crib.	
Bed sheets, pillowcases, blankets	Clean	Clean at least weekly, when soiled or before use by another child.		Clean in washing machine or seal in a bag and send home. Store each child's linens and clothing separately.	
Children's clothing and bibs	Clean	Clean whenever soiled by bodily fluids		Change and clean in washing machine or bag and send home.	

In case of exposure:

If you think you or someone else may have been exposed to a chemical or you have questions or concerns, call poison control at 1-800-222-1222. Have the label for the product/s available, if possible.

Call your medical doctor if you are having symptoms after an exposure.

Call 911 if the symptoms are severe, include shortness of breath, or you need help right away.



Texas Department of State Health Services