

## **Children's Hospital Colorado School Health Program Cleaning, Sanitizing and Disinfecting**

### **Bleach solutions:**

- Disinfecting solutions made according to product label instructions are recommended by the Centers for Disease Control and the Environmental Protection Agency.
- Using the EPA label on your bleach product, make a mixture of bleach and water to disinfect toys, changing tables, high chairs and surfaces. **DO NOT USE STANDARDIZED RECIPES FOR MAKING BLEACH SOLUTIONS.**
- Prepare bleach solution on a daily basis (every 24 hours) **or** test bleach solution daily using an approved test kit to verify required concentration.
- Label the spray bottles with the solution contents and their intended use (i.e., sanitizer/toys and tables).
- Store the chlorine bleach in the original containers and away from foods.
- Keep bleach away from heat or direct sunlight.

### **Cleaning, Sanitizing and Disinfecting Items:**

- Clean items or surfaces by scrubbing with soap and water and rinsing.
- Sanitize or disinfect by using an EPA-approved bleach product, mixing solution accordance with the individual bleach product's EPA-approved product label instructions. (Instructions for mixing-approved germicides must also be followed, if used instead of bleach.)
- Disinfect diaper changing surfaces after each use.
- Food contact surfaces are cleaned and sanitized when soiled and at least daily.
- Flat surfaces are sprayed by the bleach solution.
- Toys are effectively sanitized using a bleach solution mixed in accordance with the product's EPA label.
- Use EPA-prescribed contact time for any solution used.
- Allow surface(s) to air dry. No rinsing is necessary.

### **Toys, Objects and Personal Items:**

- Clean and sanitize toys that are placed in children's mouths before being handled by another child.
- Clean toys that are frequently handled on a daily basis (especially if children are in diapers).
- Label and store personal items (combs, toothbrushes, pacifiers) so as not to contaminate or come in contact with personal items of another child.
- Do not share non-washable toys or personal items between children.

### **Diapering Area:**

- Changing table is equipped with a nonabsorbent and easily cleanable surface.
- Changing table is not located near a food preparation area.
- Keep the labeled disinfecting solution accessible to diaper changing area and out of the reach of children.
- Keep disposable paper and disposable gloves conveniently located by the diaper changing area.
- Double bag and send soiled clothing home with parent/guardian.
- Trash receptacle is conveniently located, plastic lined, covered and operated by a foot pedal.
- Post the "How to change a diaper" information over each diapering area.
- Do not place classroom items or food on the diaper-changing surface.

### **Toilets and Bathrooms:**

- Clean and disinfect toilet area at least daily and when soiled. Wear gloves when cleaning toilets.
- Follow hand washing routines before leaving the bathroom and again before food handling.
- Trash receptacle is washable, plastic lined and covered. Dispose of trash when filled.
- Potty-chairs are not permitted because of the risk of infectious diarrhea.

**Bedding and Mats:**

- Clean and sanitize mats and bedding before use by another child and/or weekly.
- Wash and disinfect mats contaminated with high hazard body fluids.
- Clean and sanitize bedding when soiled or wet and change at least weekly.
- Launder blankets weekly (by center or parent).
- Remove bedding from mats after naptime and store separately.
- Keep plastic bags out of the reach of children.

**Laundry:**

- Using gloves, place soiled laundry in a lined or nonabsorbent bag.
- Wash laundry in water at least 140°, unless an approved disinfectant is added to the rinse cycle or a dryer is used that heats clothes above 140°.

**Surfaces:**

- Clean and disinfect indoor surfaces, e.g., bookcases, when they are visibly soiled and at least weekly.
- Empty, clean and sanitize water tables between each group of children or at least daily. Children need to wash their hands before and after using the water table. Avoid using toys that store water inside, such as squeeze toys.
- Organic materials (rice, corn meal) may be used for a maximum of one week and then the materials must be discarded. Keep sensory table clean and sanitary.

**Dishes:**

- Clean dishes in a dishwasher capable of sanitizing items (heat sanitizing cycle of 150°).
- If dishwasher is not available, then use the three sink method:
  1. Wash thoroughly in hot soapy water
  2. Rinse
  3. Sanitize by:
    - ✓ Immersion for at least ½ minute in clean, hot water of a temperature of at least 170°F then air dry.
    - ✓ Immersion for at least 1 minute in a clean bleach solution per EPA instructions having a temperature of at least 75°F, then air dry.

**Food and Food Handling:**

- Parent labels their child's food with the child's name, date and food type.
- Children may not share individual food that is brought from home.
- Snacks that may be brought to share include: individually packaged snacks, unopened boxes/bags, sealed packages of cheese, fruit washed and cut in the sanitized kitchen (apples).
- Note: Food handled by persons in the home, e.g., cut fruit, cheeses, cannot be accepted.
- Children may not be involved in the preparation and handling of raw animal products (eggs or ground beef)
- Do not give honey to infants.
- Staff persons with signs of illness, e.g., vomiting, diarrhea, open sores or who are known to be infected with bacteria/virus that can be carried in food, should not be responsible for food handling.
- Staff involved with food preparation *should not* be responsible for changing diapers.

References:

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd edition. Elk Grove Village, IL.  
 Colorado Department of Public Health and Environment, Colorado Retail Food Establishment Rules and Regulations, Denver, CO, November, 2012.  
 Colorado Department of Public Health and Environment, Rules and Regulations Governing the Health and Sanitation of Child Care Facilities in the State of Colorado, Denver CO. January 2106  
 Handout developed by Children's Hospital Colorado School Health Program, Denver, CO (Revised in 1996, 2000, 2002, 2005, 2014, 2017)