

# Cleaning and Disinfecting

## To Prevent the Spread of the Influenza Virus

Influenza is primarily spread from person to person by coughing and sneezing. Droplets from an infected person can spray directly on another person, travelling as far as six feet, or settle on surfaces (floors, walls, windows, tables, countertops, equipment and appliances). Surfaces can be contaminated when an infected person coughs or sneezes into his or her hands and then touches them (e.g.: phones, remote controls, keyboards, door handles, or toys). People can become exposed by touching contaminated surfaces and then their eyes, mouth, or nose before they clean their hands. The influenza viruses can persist on surfaces for 8 to 48 hours.

### What Surfaces Need to be Cleaned

- Regularly clean all surfaces that are commonly touched!
- Here are some examples: desktops, computer keyboards and mice, phones, pencil sharpeners, paper towel dispenser handles, faucet handles, microwave door handles, countertops, microwave door handles, doorknobs, railings, toilet handles and seats.

### How to clean and What to Clean With

- Clean surfaces with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs).
- You can also clean with soap and water first and then disinfect. Scrubbing with soap and water will remove soil and organic matter that would otherwise reduce the effectiveness of the disinfection step that follows.
- Keep surfaces such as countertops and desks clean with soap/detergent and water or approved cleaners. Repeated application of disinfectants to table and desktop surfaces is not necessary.
- Use disinfectants on surfaces that are touched often by multiple people. Clean the surface before using disinfectants, unless using a product that combines the two functions, as indicated on the label.
- Wipe frequently touched electronic items (e.g. keyboards, phones) with hand-sanitizer cloths registered for use against influenza virus and safe for plastics.

### Using disinfectants and cleaners:

#### Follow label instructions carefully when using disinfectants and cleaners

- Use household gloves
- Make sure the room is ventilated
- Avoid mixing disinfectants and cleaners. Combining certain products (such as chlorine bleach and ammonia cleaners) can be harmful and result in serious injury or death
- After cleaning, a chlorine bleach solution can be used to disinfect surfaces. Use a cloth to apply the solution to surfaces and let stand for 3 – 5 minutes before rinsing with clean water. Solution concentration: add 1 tablespoon of bleach to a quart (4 cups) of water; for a larger supply of disinfectant, add ¼ cup of bleach to a gallon [16 cups] of water. Wear gloves to protect your hands when working with bleach.

#### Best Defense Against Influenza

- \* Wash your hands
- \* Cover your cough
- \* Stay home if you are sick

Adapted From

- Cleaning and disinfecting hard surfaces. <http://www.pandemicflu.gov/plan/individual/panfacts.html>
- Guidelines for the Prevention and Management of Pandemic (H1N1) 2009 in Elementary and Secondary Schools. Ministry of Health and Long Term Care.
- SDA Product Fact Sheet. Hard surface Hygiene. [www.cleaning101.com](http://www.cleaning101.com)