Environmental Cleaning and Disinfectants for Clinic Settings

Cleaning: the physical removal of visible soiling (e.g., dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Environmental cleaning for COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in hospitals and health care settings are strong enough to deactivate coronaviruses and prevent their spread. Cleaning of visibly soiled surfaces followed by disinfection is recommended for prevention of COVID-19 and other viral respiratory illnesses.

Suggested cleaning and disinfecting frequencies for clinic settings:

<table>
<thead>
<tr>
<th>Type of surface</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>1. Shared equipment</td>
<td>IN BETWEEN PATIENTS</td>
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<tr>
<td>Examples: stethoscopes, blood pressure cuffs, otoscopes, baby scales, table and exam beds</td>
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<tr>
<td>2. Frequently-touched surfaces</td>
<td>AT LEAST TWICE A DAY</td>
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<tr>
<td>Examples: medical equipment, door knobs, light switches, telephones, keyboards, mice, pens, charts, cell phones, toys, bathrooms</td>
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<tr>
<td>3. General cleaning of procedure / exam rooms</td>
<td>AT LEAST TWICE A DAY</td>
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<tr>
<td>Examples: chairs, tables, floors</td>
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</tbody>
</table>

For electronic equipment please comply with manufacturer’s instructions to not void the warrantee.
The below list of common disinfectants is provided as a guide to choosing products. Most janitorial product outlets carry all of these products. Pre-made solutions (no dilution needed) or ready-to-use wipes can be used. **Always follow the manufacturer’s instructions.**

**IMPORTANT NOTES:**
- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, wet contact time, and safe use (e.g. wearing gloves, good ventilation, etc.).
- Clean visibly soiled surfaces before disinfecting (unless otherwise stated on the product).
- Diluted bleach solution should be made fresh each day to ensure the correct ppm of chlorine as it breaks down over time.

### List of disinfecting agents and their working concentrations known to be effective against coronaviruses:

1. **1:100 dilution Chlorine:**
   - **bleach – sodium hypochlorite (5.25%)**
   - 500 ppm solution
   - 10 ml bleach to 990 ml water
   - Used for disinfecting surfaces and medical equipment (e.g. counters, door knobs, stethoscope, BP cuff). Allow surface to air dry naturally.

2. **1:50 dilution Chlorine:**
   - **bleach - sodium hypochlorite (5.25%)**
   - 1,000 ppm solution
   - 20 ml bleach to 980 ml water
   - Used for disinfecting surfaces contaminated with bodily fluids and waste (e.g. vomit, diarrhea, mucus, feces) (after cleaning with soap and water first). Allow surface to air dry naturally.

3. **Accelerated Hydrogen Peroxide 0.5%**
   - Used for cleaning and disinfecting surfaces and medical equipment.

4. **Quaternary Ammonium Compounds (QUATs)**
   - noted as ‘alkyl dimethyl ammonium chlorides’ on the product label
   - Used for disinfecting of surfaces (e.g., floors, walls, furnishings).

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**Agents effective against coronavirus:**
- Bleach: sodium hypochlorite (5.25%)
- Accelerated hydrogen peroxide (0.5%)
- Alkyl dimethyl ammonium chlorides

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**DIN 12345678**

**Check label and directions**

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**Number (DIN):**

- A DIN is an 8-digit number given by Health Canada for use in Canada.

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**Check and directions**

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The BC Ministry of Health does not endorse or promote any specific brands of disinfectant products.