



# CHILDCARE

## CLEANING AND SANITIZING

### *Cleaning and sanitizing are different!*

*To keep germs from spreading, you need to clean **and** sanitize.*

- **Cleaning** gets rid of the dirt you can see - A good **CLEANING SOLUTION** is soap and water.
- **Sanitizing** gets rid of most of the germs you can't see - A good **SANITIZING SOLUTION** is bleach water:

#### **SPRAY BOTTLES**

- **Kitchen utensils** - 1/4 teaspoon of liquid bleach to 1 quart of cool water.
- **General purpose** - (diaper and body fluids) -1 Tablespoon of liquid bleach to 1 quart of cool water.

#### **BUCKETS**

- **Kitchen utensils** -1 teaspoon of liquid bleach to 1 gallon of cool water.
- **General Purpose** - (diaper and body fluids) ¼ cup liquid bleach to 1 gallon of cool water.

### *When using bleach do the following:*

- *Measure and fill a clean spray bottle*
- *Date bottle*
- *Empty each bottle at the end of each day*

**CAUTION! Never mix bleach with other disinfectants and/or cleaning products such as ammonia, window cleaners, rust removers, or toilet bowl cleaners. Mixing these chemicals will produce poisonous gases.**

*Here's how often you need to clean **and** sanitize areas of your center or home:*

### **A. Clean and sanitize after each use:**

- Counters
- Tables
- Changing table
- Mouthed toys
- Isolation area
- Potty chairs
- High chairs

### **B. Clean and sanitize daily:**

- Toilets
- Sinks
- Kitchen floor
- Counters
- Infant and toddler toys
- Drinking fountain
- Nap mats & bedding unless labeled for individual use
- Doorknobs

### **C. Wash and sanitize laundry daily (add bleach if water does not reach 140°F)**

### **D. Vacuum and sweep daily.**

### **E. Clean and sanitize weekly:**

- Cubbies
- Cribs & bedding
- Walls
- Refrigerator
- Trash cans
- Nap mats & bedding if labeled for individual use

### **F. Shampoo carpets at least twice yearly (more if visibly soiled).**