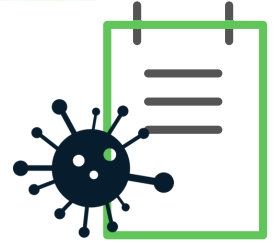




# Safe & Effective Disinfectant Use

The main purpose of cleaning and disinfecting is to reduce the number of germs present on surfaces, toys or objects. These germs do not have to be visible on a surface to result in illness and disease transmission.



## Cleaning

- Clean surfaces using soap and water to remove visible dirt and grime.
- Routine cleaning of frequently touched surfaces include;
  - tables and countertops
  - doorknobs, light switches
  - toilets, faucets, sinks, etc.

## Disinfecting

- Use a Health Canada approved household disinfectant.
- Follow the instructions on the label to ensure safe and effective use of the product.
- Keep surface wet for recommended contact time (see product label).
- Keep lids tightly closed. Keep cleaners out of reach of children and locked.

## Bleach (sodium hypochlorite)

An efficient and economical disinfecting solution is bleach. This solution is effective for most surfaces. Avoid use of bleach on electronics as it may lead to metal corrosion. Keep in mind the following items when using bleach;

- Different brands can have a different chemical composition (e.g., 3%, 5.25% or 9%). The solutions below are mixed using 5.25% bleach. To determine another recipe, use the chlorine dilution calculator provided by Public Health Ontario (Chlorine Dilution Calculator).
- Wear gloves and ensure adequate ventilation during use.
- By mixing a different amount of bleach with water you can make a high, medium or low level disinfectant.
- Do not mix bleach with other disinfectants as this may lead to harmful vapors.

Concentration	Contact Time	Uses	Mixture
Low Level (100 ppm)	1 min	<ul style="list-style-type: none"> <li>• Safe level for sanitizing dishes and utensils and kitchen surfaces such as cutting boards and counter spaces.</li> </ul>	½ tsp: 4 cups water
Medium Level (1000 ppm)	1 min	<ul style="list-style-type: none"> <li>• Encouraged during the current COVID-19 pandemic.</li> <li>• Sanitize childcare surfaces such as diapering areas, toys, washrooms and high touch areas</li> </ul>	4 tsp of bleach: 4 cups water
High Level (5000 ppm)	≥ 10 min	<ul style="list-style-type: none"> <li>• Cleaning blood or body fluid</li> <li>• When directed by public health</li> </ul>	½ cup of bleach: 4 cups of water

**Bleach solutions should be prepared daily!**

\*Note: The contact time, also known as the drying time, is the time that the disinfectant needs to stay wet on a surface to make sure it can kill all the germs. It is the length of time you leave the solution on the surface before wiping it down.

PIDAC. (2012). Best Practices for Environmental Cleaning for Infection Prevention and Control. Available online at: <https://bit.ly/36S3Epy>

PIDAC. (2013). Best Practices for Cleaning, Disinfection and Sterilization in All Health Care Settings. Available online at: <https://bit.ly/348h5zV>

