

# PREVENTING THE SPREAD OF RESPIRATORY ILLNESS

## ENVIRONMENTAL INFECTION CONTROL

### BASIC PRACTICES



Wash hands with soap and warm water for at least 20 seconds



Avoid touching your eyes, nose and mouth with unclean hands



Avoid close contact with sick people

#### If you are sick:

- Stay at home until you are free of fever/chills for at least 24 hours
- Avoid close contact with others
- Frequently wash your hands.
- Cover your nose and mouth when sneezing/coughing and wash your hands after
- Keep objects/surfaces in your home/workspace clean and disinfected
- Wear a surgical mask when in public



### CLEANING AND DISINFECTING

Taking these precautions enable a caregiver (i.e., parent, family member, nanny, etc.) or worker (i.e., housekeeping staff, etc.) to perform proper clean-up and disinfection. Using a professional cleaning service is optional, not required.

#### 1. Gather tools & supplies:

- Protective clothing
  - Chemical goggles (splash-proof)
  - Face shield (optional)
  - Single-use apron, coverall (optional)
  - Shoe cover
  - Gloves (dishwashing, nitrile, or other waterproof gloves)
  - Sign
  - Tape
- Soap or detergent
- Warm water
- Bucket
- Towel
- Disinfectant
- Plastic Trash Bags



#### 2. Wear Protective Clothing

#### 3. Begin cleaning:

- Isolate the area; keep people away (i.e., post signs, use caution tape, or close door, etc.)
- Follow labeled instructions on all containers
- Mix soap into bucket of warm water
- Dip towel into soap solution
- Wring towel and wipe affected area until all visible debris and stains are removed
- Rinse surface with clean water and wipe with clean towel
- Disinfect the surface, follow label instructions. Make sure the surface stays wet for at least 10 minutes, so it effectively kills the virus. This limits the risk of the virus lingering on the surface and potentially causing an infection
- Rinse with water
- Allow surface to air dry
- Bag porous surface items (i.e., bedding, laundry, towels, etc.) and launder using hot water and dry on a high heat setting
- Remove protective clothing
- Place protective clothing in a trash bag and discard
- Wash hands after removing gloves and handling any contaminated material, trash or waste

### EFFECTIVE DISINFECTANTS & TYPES OF SURFACES

- To make a bleach solution, mix 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water. Use the solution within 20 minutes.
- Other EPA-approved disinfectants may be used if they are effective against Coronaviruses. Consumer may contact the "1-800" number on product label for its effectiveness against "2019-nCoV".
- Hard non-porous surfaces include stainless steel, floors, kitchen surfaces, countertops, tables and chairs, sinks, toilets, railings, light switch plates, doorknobs, metal/plastic toys, computer keyboards, remote control, recreation equipment.
- Soft porous surfaces include carpeting, rug, towels, clothing, sofas, chairs, bedding, soft fabric toys, (i.e., stuffed animals), etc.

### DISINFECTING METHODS

- For Hard Non-Porous Surfaces – after cleaning, disinfect with a bleach solution, or other approved disinfectants, ensuring at least a 10-minute contact time. If surface is in a food preparation area, make sure to rinse with water after disinfecting. For surfaces that corrode or are damaged by bleach, use registered products effective against Coronaviruses.
- For Soft Porous Surfaces – launder by washing with hot water, using a detergent containing color-safe bleach and drying on a high heat setting.

### PROPER HANDLING OF DISINFECTANTS, ITEMS AND WASTE

- Use chemicals in a well-ventilated area
- Avoid mixing incompatible chemicals (read label)
- Prevent chemical contact with food during cleaning
- Handle contaminated materials as little as possible
- Manage waste safely and dispose in a secure trash container

For more information on preventing a communicable illness in a food facility setting, contact Consultative Services at (888) 700-9995

To report suspected or confirmed communicable illness, contact Morbidity: (888) 397-3993 or Fax (888) 397-3779 - Website: <http://publichealth.lacounty.gov/acd/cdrs.htm>

