

# Cleaning and Disinfecting for COVID-19: Guidelines for Janitorial Staff

Take proper steps for cleaning and disinfecting surfaces to remove germs that make people sick. Many common household disinfectants are effective for coronavirus. Daily cleaning and disinfection reduces germs.

When doing routine cleaning and disinfecting, use a product that is effective and to choose the correct Personal Protective Equipment (PPE). *Note: Respirators such as N95 masks are only recommended for people who are sick and for those who are caring for people who are ill and are not recommended for routine cleaning and disinfection*

## Supplies and Personal Protective Equipment (PPE) needed

- Gloves, face masks, and goggles/safety glasses for protection of skin and eyes during cleaning
- Protective clothing that can be thrown away or washed
- Paper towels, garbage bags, scrubbing pads/cleaning brushes
- Disinfectant products such as ready to use a.k.a. "RTU" in labeled spray bottles and/ or wipes.
- Measuring cups if diluting concentrated products.
- Hand sanitizer with 60% to 90% alcohol

## Personal protection for janitorial staff

- Wear disposal facemask and gloves. Throw away the gloves when done.
- Wear protective clothing (apron) if possible, to prevent contamination of clothing.
- Store commonly used cleaning products in areas only accessible by staff to avoid excessive handling.
- Wash hands with soap and water after cleaning. Use an alcohol-based hand sanitizer if hand washing is not available.
- Open doors and windows when cleaning.

## How to choose a cleaning and disinfecting product

The CDC and EPA are working on the most current information about products that will be effective against COVID-19. A list of [Novel Coronavirus \(COVID-19\) Fighting Products](#) from the American Chemistry Council Center for Biocide Chemistries (CBC) contains the most up to date product list.

- Select the product for the purpose it will be used for.
- If you are disinfecting hard surfaces, ensure the product has instructions for hard surfaces.
- Always follow the instructions on the product's label for how to prepare and apply the product, the contact time needed, and what PPE to wear.

## Common product types

Product type	Pros	Cons
Bleach	Common, effective, available in ready to use formulations such as spray bottles and wipes	Strong odors, some people are sensitive, can stain clothing, longer contact time, dilutions not shelf stable after mixing.
Quaternary ammonias a.k.a. "Quats"	Common, effective, available in ready to use formulations such as spray bottles and wipes	Some people may have sensitivities. May require a longer contact time.

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Accelerated Hydrogen Peroxides	Low odor, short contact time, effective, available in ready to use formulations such as spray bottles and wipes	Newer to the markets and not commonly found in household formulations.
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### References:

<https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

[https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC\\_AA\\_refVal=https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html](https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html)