

COVID-19 Mitigation Plan

Cleaning and Disinfecting Procedures

COVID-19¹ is a new respiratory virus. COVID-19 spreads mainly from person to person. It is spread through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land on people who are nearby (within 6 feet). It may also be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their own mouth, nose, or eyes.

Cleaning and disinfecting objects and surfaces, especially those that are frequently touched (such as doorknobs, handles, tabletops, etc.) can help prevent the spread of COVID-19. The CDC uses the following definitions for cleaning and disinfecting:





- **Cleaning** refers to the removal of germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- **Disinfecting** refers to using chemicals, for example, EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.

This procedure includes a review of materials that will be found on this project and length of time COVID-19 remains viable will on that surface (table 1), as well as, cleaning and disinfecting procedures (table 2). This document will be supplemented with a list of project specific list of frequent touched surfaces categorized as follows: Community and Subcontractor.

Table1

	Aerosol (suspended)	Copper	Cardboard	Stainless Steel	Plastic	Wood	Glass
COVID-19 Survival Rate	4 hrs.	4 hrs.	24 hrs.	72 hrs.	72 hrs.	96 hrs.	96 hrs.

Table 2

Cleaning and Disinfecting Procedures			
Supplies	General Procedure	Soft Porous Materials	Hard Non-Porous Surfaces
<ul style="list-style-type: none">Waterproof gloves, such as nitrile or dishwashing glovesGloves protect you from exposure to the virus and to the cleaning chemicalsProvide gloves in a variety of sizes. Gloves that are too big make it hard to hold objects and easier for bacteria and virus to get inside. Gloves that are too small can rip or tearSoap or detergent, warm water, clean towels, plastic trash bags1000 ppm of sodium hypochlorite (bleach)Disposable gowns for all cleaning related tasks, including handling trashMasks and goggles (optional to protect yourself from exposure to cleaning chemicals)	<ol style="list-style-type: none">Wear gloves while cleaning.Use chemicals in a well-ventilated area. NEVER mix cleaning chemicals with one another. This may create hazardous gases.Prevent chemical contact with food during cleaning.Handle used towels, gloves, etc. as little as possible.	<p>Soft, porous materials include clothes, carpeting, rugs, towels, clothing, sofas, chairs, bedding, soft fabric toys (i.e., stuffed animals), etc.</p> <p>Steps for cleaning and disinfecting:</p> <ol style="list-style-type: none">If no gloves are used. Be sure to wash hands afterwards.Do not shake materialPlace soft, porous materials in a bag.Separate ill persons clothesLaundry using hot water and a detergent containing color-safe bleach.Dry on high heat.Place bag liner in hamper.	<p>Hard non-porous surfaces include stainless steel, floors, kitchen surfaces, countertops, tables and chairs, sinks, toilets, railings, light switch plates, doorknobs, metal/plastic toys, equipment.</p> <p>Steps for cleaning and disinfecting:</p> <ol style="list-style-type: none">Follow labeled instructions on all containers.Clean surface with soap and water to remove all visible debris and stains.Rinse surface with clean water and wipe with clean towel.Apply the disinfectant. To effectively kill the virus, make sure the surface stays wet with the disinfectant for at least 1 minute (if bleach) before wiping with a clean towel (Note: the time solution is in contact with surface is determined by disinfectant refer to EPA list below)Rinse with water and allow surface to air dry. Rinsing the surface with water following use of a disinfectant is especially important if the surface is in a food preparation area.Remove gloves and place in a trash bag and discard.Wash hands after removing gloves and handling any contaminated material, trash or waste.
		Electronics	<p>For electronics such as cell phones, tablets, touch screens, remote controls, and keyboards, remove visible contamination if present.</p> <ol style="list-style-type: none">Follow the manufacturer’s instructions for all cleaning and disinfection products.Consider use of wipeable covers for electronics.If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.
Warning		Cleaners	Disinfectants
<div><h3>DO NOT MIX THESE CLEANING PRODUCTS</h3><div><h4>BLEACH + VINEGAR</h4><p>Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.</p></div><div><h4>BLEACH + AMMONIA</h4><p>Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.</p></div><div><h4>BLEACH + RUBBING ALCOHOL</h4><p>Bleach and rubbing alcohol makes chloroform, which is highly toxic.</p></div><div><h4>HYDROGEN PEROXIDE + VINEGAR</h4><p>This combination makes peracetic/peroxyacetic acid, which can be highly corrosive</p></div></div>			<p>Bleach solution. To make a bleach solution, mix 4 teaspoons of bleach to 1 quart of water. For a larger supply, add 1/3 cup of bleach to 1 gallon of water. Use the solution within 20 minutes.</p>
			<p>Other EPA-approved disinfectants may be used if they are effective against COVID-19 or other infections. For specific disinfectants against COVID-19, visit EPA List of Disinfectants for SARS-CoV-2. The list contains products for soft and hard surfaces.</p>
			<p><u>For surfaces that corrode or are damaged by bleach</u>, use registered products effective against the specific virus/bacteria that are rated to not damage that surface type.</p> <p>Alcohol based wipes or sprays with at least 70% isopropyl alcohol. Dry surfaces thoroughly to avoid pooling liquids.</p>

¹ SARS-CoV-2 is the virus and COVID-19 is the disease. To reduce confusion, this document will refer to SARS-CoV-2 as COVID-19.