

Cleaning in the Era of COVID-19 and Beyond

WHAT TO KNOW | WHAT TO DO | HOW TO DO IT

For Safe

Cleaning, Sanitizing, & Disinfecting of Surfaces

Created by the SOCIAL SAFETY FEDERATION

Spreading the Network of Knowledge



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Why does this guidebook exist?

Public health and Medicine are seeing increasing trends of general misuse and overuse of disinfectants. Improper use of disinfectants, have caused asthma, trigger asthma attacks, and are suspected to increase ones risk for obesity, infertility, and neuro-immunologic disease.

This guidebook is safety training so you, your staff, clients, families, and community can clean safely.

What is Social Safety?

Social safety is the collective practice of public health-based social hygiene protocols that preserve community health.

This guidebook lays out the protocols and practices to safely clean, sanitize, and disinfectants social spaces and common areas. We use a **WHAT TO KNOW, WHAT TO DO, AND HOW TO DO** it format.

The materials in this packet will help you:

- Effectively reduce the spread of germs
- Protect you from exposure to harmful chemicals
- Reduce the environmental chemical burden
- Practice safe cleaning in the era of COVID-19 and beyond

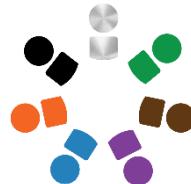
So let's get started because together, we will be ok.



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Social Safety Initiative
Council of Advisors
75 Years of Collective Experience

Table 1: Making Surfaces Safe and Stopping the Spread of Germs

	Cleaning	Sanitizing	Disinfecting
What it does	Removes dirt, grime, and most germs on a surface	Reduces germs to safe levels	Kills germs
When to do it	Regularly, more often when many people are around	Hot zones indoors where many people touch the same areas	Only when someone is sick or when an area is dirty from body fluids
Where to do it	<ul style="list-style-type: none"> • All surfaces, especially surfaces that are touched often • Anywhere you plan to sanitize or disinfect 	<ul style="list-style-type: none"> • Objects or areas we use to make or eat food • Objects that are shared between bodies (helmets) • Things many people touch with hands (door handles) • Electronics 	<ul style="list-style-type: none"> • Bathrooms • Anywhere there is poop, blood, vomit, or other body fluids • Anywhere someone is known or suspected to be sick
How to do it	<ul style="list-style-type: none"> • Use plain, scent-free soap and water • Use a microfiber cloth 	<p>Clean first, then:</p> <ul style="list-style-type: none"> • Choose a safer ingredient • Read the label closely • Air out the room • Use safety gear • Apply sanitizer or use hot water 	<p>Clean first, then:</p> <ul style="list-style-type: none"> • Use an EPA registered disinfectant • Choose a safer ingredient • Read the label closely • Air out the room • Use safety gear • Apply disinfectant • Wipe surface when done

Section 1: Cleaning

What to Know

There are many types of germs passed between people, including the virus that causes COVID-19. Germs travel on our hands, mouth, nose, and also our breath. Germs have the ability to accumulate on our hands and the things we touch. Cleaning with soap and water **removes** germs **before** they build up and keeps us healthy. There are specific places and times when you also need to sanitize or disinfect. You will learn more about those places in Section 2: Sanitizing and Section 3: Disinfecting. But for **all** places, regular cleaning with soap and water prevents people from getting sick.

What to Do- Hard Surfaces

High touch surfaces need to be cleaned often. Scrubbing with soap and water will remove grime and wash away most germs. Soap even pops the outer shell of the virus that causes COVID-19. Here are examples of commonly touched surfaces, especially those that get used or touched more often and by more people.

Table 2: Common areas to Clean More Often	
Surfaces that are touched often	Surfaces in areas where many people are
<ul style="list-style-type: none">• Doorknobs• Faucet handles• Light switches• Refrigerator and microwave doors• Stove door handles and controls• Cabinet handles• Stair railings	<ul style="list-style-type: none">• Front desk counters• Tables• Staff breakrooms• Walls where people line-up• Sitting areas

*When it is flu season or when an illness is spreading through your community, sanitizing after cleaning is an extra precaution. You will learn more about this in Section 2.

How to Do It Safely

Easy and effective cleaning takes only a few steps.

What you need to clean surfaces:

- Plain Soap
- Water
- A clean cloth

TIP! Microfiber cloths are great at removing the **smallest** bits of dirt, grime, and even **germs**.

Cleaning surfaces

1. Scrub the surface with soap, water, and a cloth to loosen and remove grime, dirt, and germs.
2. After cleaning, rinse the soap away with fresh water.

If you want, you can get the kids involved too! It is safe and healthy for kids to use soap and water to clean their hands and surfaces. When the kids help clean, they learn healthy habits, which can save you time, in the long run.

Use plain soap

Plain soap and water are all you need to remove germs. When choosing your soap, here is what to know:

- Look for a seal. Products with a Green Seal, or the EPA's Safer Choices label are healthier choices.
- Choose fragrance-free soap. Scented chemicals can trigger asthma and hurt your lungs. **Some fragrances can even cause obesity later in life.**
- Avoid products labeled "anti-bacterial" or "anti-microbial". Added chemicals in these products do not help clean and are not healthy. **They pollute our water and can harm our reproductive systems.**

TIP! You can see if your products are healthier on the [EWG's Skin Deep website](#) or the [EPA's Safer Choice website](#). EWG even has a handy app for your phone!

TIP! Do not heat dry microfiber clothes. The heat will damage their fibers and prevent them from working as well.



Cleaning soft surfaces

You need to clean soft items and fabrics with hot water and detergent to remove grime, stains, and germs. Wash clothing, cloths, towels, sheets, and other laundry on the *hot* cycle with fragrance-free detergent. The hottest water will do the trick.

What to Do - Handwashing

Germs travel on hands! Always wash your hands:

- **Before and after** eating or touching food
- **After** coughing, sneezing, or blowing your nose
- **After** using the toilet or changing diapers
- **After** visiting or caring for a sick family member
- **After** touching animals or pets
- **Throughout the day**, especially before touching your face
- After handling money
- Before and after using gloves

When everyone washes their hands, there are fewer germs to spread, and fewer people get sick.

How to Do It Safely

Six easy steps to clean hands

Hand hygiene, or keeping our hands clean, is important. Sometimes we wash our hands too quickly, which leaves germs behind. Take 20 seconds to do the job right. Here's how:

1. **Wet** your hands with running water.
2. **Rub** your hands together with soap. Look for the suds forming.

3. **Scrub** for at least 20 seconds, washing the top of your hands, [between your fingers](#), and [under your fingernails](#).
4. **Rinse** your hands under water until all the soap is gone.
5. **Dry** your hands with a clean towel or let them air dry.
6. **Turn off** the water with a paper towel.
7. If you are leaving the bathroom, use a papertowel to open the door.

Tip! Have the kids slowly sing all three verses of:

Row, row, row your boat gently down the stream, merrily, merrily, merrily, merrily, life is but a dream.

Row, row, row your boat gently down the stream, if you see an alligator don't forget to scream.

Row, row, row your boat, underneath the stream. Ha Ha! I fooled you, I'm a submarine!

No soap and water? Use hand sanitizer

Sometimes soap and water might not be available. While you are on the go, you can use a 60-80% alcohol-based hand sanitizer to clean your hands. This option is [only](#) for adults or children [over 2 years old](#). Using hand sanitizer is not the same as sanitizing a surface. For surfaces, see Section 2.

Section 2: Sanitizing

What to Know

In certain places, some germs stick around after cleaning. **Sanitizing reduces the number of germs to a safe level.** Sanitizing is important because it keeps people from getting sick from germs without making people sick from using too many chemicals.

Sanitizing limits the number of strong chemicals you need to use while also making surfaces safe. Unless there is poop, blood, vomit, or where someone has been sick, sanitizing is enough to prevent people from getting sick. Check with your local health department if you have more questions or if you are not sure.

It is highly **unlikely** you will be infected with the virus that causes COVID-19 from touching any surfaces. This virus travels from face to face, like when someone coughs on you or when you share breathing air. You can learn more in our [**GUIDEBOOK TO PRACTICING PUBLIC HEALTH PROTOCOLS IN THE ERA OF COVID.**](#)

Different kinds of germs can spread when food is around. When dealing with food, you don't need powerful disinfectants. Instead, sanitize these places to remove most germs before they build up. When sanitizing around food, make sure to use food-safe sanitizers.

What to Do - Sanitizing

There are some places you will need to sanitize after cleaning. Places with more buildup of germs should be sanitized after cleaning with soap and water.

Contact Time

It takes some time for chemicals to work on germs. Check the label for the **wet time** or **contact time**. This is how long the product has to be wet on the surface to work.

You can find a chemical's contact time on the bottle. The liquid must sit on the surface for the full time to remove germs. After spraying the sanitizing liquid on the surface, make sure to wait for the correct time while the chemical works.

Choosing a Sanitizer

When choosing a sanitizer, you have a few options:

Liquid Sanitizers

- For liquids, choose alcohol-based sanitizers between 60%-80%.
- Stabilized hydrogen peroxide
- When using bleach, see our section on bleach mixing and safety below.

Steam is a safe sanitizer! Anytime you can use steam instead of a chemical, use steam. It is the healthier option.

TIP! If it can go into the dishwasher, using the sanitizing option is a great way to clean and sanitize without chemicals. **Steam is a safe sanitizer!**

Table 3: Areas to Sanitize after cleaning with soap and water

- | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• High touch areas like doorknobs and waiting room chairs• Things in the lunchroom like microwave handles and refrigerator door handles• Areas where food is made or served• Areas that lots of children touch especially after putting their hands in their mouth• Electronics that cannot be cleaned with water like phones and keyboards• Cribs, cots, mattresses, and mats |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Concentration

For liquid sanitizers, concentration matters. Concentration is the amount of the chemical that is mixed with water. Many chemicals are considered **sanitizers in lower concentrations** and **disinfectants in higher concentrations**. At times when sanitizing is enough, make sure to use only enough chemicals to sanitize, called “sanitizing strength.” You don’t need to use “disinfecting strength” which means more chemicals. You only need disinfecting strength at times when you need to disinfect (see Part 3: Disinfecting). Using the right concentration for the job prevents you from using too much of the chemical and protects your health.

Bleach is a good example of when concentration matters. When you mix bleach with more water, it sanitizes to keep surfaces safe. When you mix the same amount with less water, it is stronger and can disinfect, but it is more dangerous to use. To find the right concentration for bleach, check the product label or see the **chart** in this packet.

The Environmental Protection Agency (EPA) has a [Design for the Environment program](#) (DfE). Learn more and look for their seal for some sanitizers and all disinfectants.

Sanitizing with Hot Water

Hot water removes germs without any chemicals. You can use your dishwasher or washing machine with hot water to sanitize. Before using hot water to sanitize, check the manufacturer’s instructions to make sure the product is dishwasher safe or machine washable.

Dishwasher

Items that are dishwasher safe can be sanitized in the dishwasher at high temperatures on the steam cycle. You can use the dishwasher to sanitize bottles, dishes, eating utensils, and even some toys. A dishwasher is a good option for many items that children put their mouths on.

Washing Machine

Soft items can be sanitized in the washing machine using hot water. You can use the washing machine to sanitize things like bibs, burp cloths, bedding and blankets, soft toys, or dress-up outfits. When possible, dry items in a dryer on high heat.

How to Do It Safely

How to Sanitize

1. USE safety gloves if the label says you need them
2. Consider if it can go into the dishwasher or laundry machine. If not,

3. Clean with soap and water. This clears the surface of dirt and grime so the sanitizer can work on any germs left behind.
4. Spray or wipe down the surface with sanitizing liquid. Wait while the liquid sits on the surface for the correct amount of time (“Contact Time”).
5. Wipe away anything left behind.

Keep all chemicals away from children and do not let children use surface sanitizers.

Section 3: Disinfecting

What to Know

There are times when certain germs require dangerous chemicals: When there is blood, poop, and vomit present and in places anyone sick has been. Disinfectants are strong chemicals that we use to kill germs. They are indoor pesticides.

Disinfecting kills germs on surfaces or objects. You always need to clean before disinfecting. Surfaces and objects must be clear of dirt, oils, and grime for disinfecting chemicals to get to the germs.

DISINFECTANTS ARE INDOOR PESTICIDES.

These chemicals can hurt our lungs, our skin, our eyes, and our bodies. We want to use them safely so we can kill the germs without hurting people.

Children of any age must **NEVER USE BLEACH, DISINFECTANTS, OR DISINFECTING WIPES.** Bleach should not be used by anyone under the age of 18. Bleach is a strong chemical and is easy to misuse. Make sure you have an eyewash area close by if you are mixing or using bleach. This is because **bleach can damage eyes, skin, lungs, and most things that touch it.**

What to Do – Disinfecting

Choosing disinfectants

First, look for the EPA registration number. Products with an EPA Registration Number are known to kill germs.

Second, look choose a safer ingredient. Many different kinds of disinfectants kill germs. Some are more dangerous to humans than others. We recommend using chemicals that are safer for humans.

Choose for a safer disinfectant ingredient, like:

- **Stabilized Hydrogen Peroxide**
- **Isopropanol**
- **Ethanol**
- **Isopropyl Alcohol**



Avoid harmful ingredients

Many chemicals trigger or even cause asthma.

Avoid these asthma-causing disinfectants:

- Ammonia (ammonium hydroxide)
- Quaternary ammonium compounds “Quats”
- Chloramines
- Formaldehyde
- Bleach
- Thymol
- Peracetic acid
- Glutaraldehyde

AVOID HORMONE-DISRUPTING CHEMICALS KNOWN AS “QUATS”

- Alkyl dimethyl
- Benzyl ammonium chloride
- Benzalkonium chloride
- Lauryl dimethyl
- Ammonium chloride
- Dodecyl dimethyl
- Ammonium chloride

Avoid products with statements that say DANGER OR POISON ON THE LABEL.

Many people use bleach. Bleach is ok if it is used **safely** and **only by adults**. We have a mixing chart and a graphic to help you. If you are mixing a bleach solution to disinfect, see the next section for safe mixing instructions.

Learn your disinfectant's contact time: Let the chemical sit for the full contact time so it can kill all the germs. All products are different, so read the label for the contact time.

- Some harmful chemicals can stay on surfaces after the contact time. If left behind, people can touch them later and get hurt. Read the label to see if you need to wipe the surface to remove leftover chemicals after the contact time. Some safer disinfectants, like alcohol-based products, may not need to be wiped away. Spray the liquid disinfectant so that it stays **wet for the full** contact time. After the contact time, remove any leftover chemical from the surface unless the label says it is not needed.
- Each product may have a different contact time, and disinfecting chemicals may take longer to work. Check the label to find out how long the chemical needs to sit to kill all the germs.

Do not mix chemicals

Keep chemicals separate when using them. Never mix them. Never use them together. Never dispose of them at the same time. When chemicals combine, they will make even more dangerous chemicals that have killed people in the past. Make sure to read the label and dispose of each chemical separately and exactly as the label says. Take your time.

It is ok to mix water with bleach to get the right concentration. But make sure you do not mix bleach with anything else, especially other chemicals.

*Consider taking our class on [How to Make a Safe and Healthy Cleaning Plan](#).

How to Do It Safely

When you do us a disinfectant, be sure to follow these instructions.

1. Clean first. Disinfecting chemicals cannot get to the germs unless you clean off the dirt and grime first.
2. Choose safer products. See "choosing disinfectants."
3. Put on safety gear.
4. Circulate the air. (See ventilate below)
5. Apply the disinfecting chemical.
6. Wait the contact time.
7. Wipe away leftover chemicals.

Ventilate When you spray chemicals on a surface, they also go into the air. If you can smell a chemical, you are breathing it into your lungs and that will cause harm. So to stay safe you need to ventilate the room, which means getting the air moving to carry the chemical odors away and outside. It is important to move the inside air outside and bring fresh outside air indoors. Here's how to protect yourself and others from breathing in dangerous chemicals:

- When using chemicals, move the air out and away as much as possible. This will carry the chemicals away so that you and others are not breathing them in.
- Keep people away from where you use the chemicals until the smell is gone.

- Turn on your ventilation system (HVAC) or fans, or open windows for the entire time you are using the chemical.

Protect your health with safety precautions

The chemicals that we use to disinfect are dangerous. To keep yourself safe:

- Put on safety gear: long sleeves, cleaning gloves, and safety glasses or goggles. A splash in the eye can blind you.
- Avoid standing around the chemicals during the contact time.
- Follow the label's instructions carefully to use, store, and dispose of safely.
- To remove dangerous chemicals hanging around in the air, let the room air out. Opening a window, turning on the fans, and turning on the ventilation systems are examples. If you smell it, it is in your lungs.

To keep yourself safe:

- **Never** mix disinfectants, especially bleach and ammonia. Make sure not to mix chemicals at any time, including while you use them and when you dispose of them. (See "Do Not Mix")
- **Never** directly breathe in disinfecting chemicals.
- **Never** drink disinfectants.
- **Never** touch disinfecting wipes or use them on the skin. They are not safe like diaper wipes.
- **Never** overuse disinfecting chemicals. This is dangerous and costs more money.

Do not use:

- Foggers
- Misters
- Aerosol or spray cans

Products that spray disinfecting chemicals into the air are dangerous. It spreads chemicals all around the room where people touch and breathe. When you breathe in chemicals that are in the air, they can get into your lungs.

Disinfectants are dangerous. Contact the National Poison Control Center at (800) 222-1222 for questions and concerns. You can order free stickers to label these dangerous chemicals. Keep this number somewhere you can find it quickly if someone accidentally drinks or gets hurt by chemicals.

Section 4: Safely Using Bleach

Bleach has been misused for a long time and a lot of people have gotten sick. If you are using bleach, you must be careful as it is dangerous.

What to know

Bleach is a sanitizer or disinfects depending on how much water you mix. See the bottle or use the Bleach Mixing chart included in this packet. Using too much bleach is harmful.

No one under the age of 18 can use bleach. **Only** adults may use disinfectants.

What to Do – Using Bleach

When using bleach:

- Make a new bleach water solution daily, **otherwise, it will not work as well the next day.**
- Have an eyewash station close by. If bleach splashes in your eyes, it can cause you to go blind. You may be required to have one by law at your site.
- Follow the Bleach Mixing chart exactly when diluting bleach to either a sanitizing or disinfecting strength.
- Do not put bleach on any surface with another chemical disinfectant or sanitizer. Do not mix bleach with other products.
- Never drink bleach or let it touch your skin.
- Never spray a bleach solution into the air.
- Do not buy scented bleach.

How to Do It Safely

The same process applies to bleach as other disinfectants. These steps include:

1. Clean the surfaces first. The grime, dirt, and oils but be removed for bleach to work.
2. Get the fresh air flowing in the room. Turn on any fans or ventilation systems, or open windows.
3. Remove people from the room.
4. Put on your safety glasses, gloves, and a long-sleeved overshirt.
5. Apply the bleach to the surface and make sure it stays wet for the contact time listed on the bottle.
6. Remove any remaining chemicals from the surface as directed by the label.
7. Keep ventilating the room until the smell is gone. If you smell it, then it is getting into your lungs.
8. Store it away from children and out of the sun.

Mixing Bleach Safely – Chart

Sanitizing

Check Your Bottle!		Using bleach with a concentration of:		
Water	2.75%	5.25%- 6.25%	7.5%-8.25%	
1 Gallon	1 Tablespoon	2 teaspoons	1 teaspoon	
1 Quart	1 teaspoon	½ teaspoon	¼ teaspoon	

Disinfecting

		Using bleach with a concentration of:		
Water	2.75%	5.25%- 6.25%	7.5%-8.25%	
1 Gallon	1/3 cup + 1 Tablespoon	3 Tablespoons	2 Tablespoons	
1 Quart	1 ½ Tablespoons	2 ¼ teaspoons	1 ½ teaspoons	

Go online and print [the](#) handy bleach safety chart below. Post it where you store your bleach.

Disinfecting and Sanitizing with Bleach

Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments

Preparation Tips

- Prepare a fresh bleach solution each day in a well-ventilated area that is separate from children.
- Label bottles of bleach solution with contents, ratio, and date mixed.
- Use cool water. Always add bleach to cool water, NOT water to bleach.
- Wear gloves and eye protection.
- Prepare solution in an area with an eye wash.

Disinfecting Solutions

For use on diaper change tables, hand washing sinks, bathrooms (including toilet bowls, toilet seats, training rings, soap dispensers, potty chairs), door and cabinet handles, etc.

Water	Using bleach with a concentration of:		
	2.75 %	5.25-6.25 %	7.5-8.25 %
1 Gallon	1/3 cup + 1 Tablespoon	3 Tablespoons	2 Tablespoons
1 Quart	1 ½ Tablespoons	2 ¼ teaspoons	1 ½ teaspoons

Sanitizing Solutions

For use on eating utensils, food use contact surfaces, mixed use tables, high chair trays, crib frames and mattresses, toys, pacifiers, floors, sleep mats, etc.

Water	Using bleach with a concentration of:		
	2.75 %	5.25-6.25 %	7.5-8.25 %
1 Gallon	1 Tablespoon	2 teaspoons	1 teaspoon
1 Quart	1 teaspoon	½ teaspoon	¼ teaspoon

Disinfection of non-porous non-food contact surfaces can be achieved with 600 parts per million (ppm) of chlorine bleach. To make measuring easier, the strengths listed in this table represent approximately 600-800 ppm bleach for disinfecting, and approximately 100 ppm for sanitizing. Chlorine test strips with a measuring range of 0-800 ppm or higher can also be used to determine the strength of the solution.

Contact your local health jurisdiction for further instructions on cleaning and disinfecting if specific disease or organisms are identified as causing illness in your program.

Use only plain unscented bleach that lists the percent (%) strength on the manufacturer's label. Read the label on the bleach bottle to determine the bleach strength. For example, Sodium Hypochlorite...6.25% or 8.25%.

Steps to Follow

- Clean the surface with soap and water before disinfecting or sanitizing.
- Rinse with clean water and dry with paper towel.
- Apply chlorine bleach and water solution to the entire area to be disinfected or sanitized.
- Air dry for at least 2 minutes.

This chart was created by the Disinfection Workgroup led by the Washington State Department of Health. Workgroup members consist of staff from the Department of Early Learning, Snohomish Health District, Local Hazardous Waste Management Program in King County, Washington State Department of Ecology, the Coalition for Safety and Health in Early Learning, and the Washington State Department of Health. Adapted graphically from: DOH Publication 970-216 January 2015. (<http://here.doh.wa.gov/materials/guidelines-for-bleach-solutions>)

The Social Safety Initiative

Who We Are

The Social Safety Initiative is a all volunteer 501c3 nonprofit who use science-backed standards to deliver pre-incident education, social hygiene training, and to increase health-positive behaviors. Our Council of Advisors have a combined 75+ years of experience in public health, public safety, genomics, virology, molecular biology, privacy and compliance, medical ethics, worker's rights, community organizing, and health equity policy. We believe that by investing in the network of knowledge, communities will collectively navigate challenge with agency and strength.

Our MPH and Public Health practicum students span the country bringing public health education and tools to the communities they serve. Read more about our history on our [about us](#) page.

Any proceeds fund Social Safety Day! This social hygiene program for school aged children brings regular public and environmental health training to children across the country.



How to avoid getting COVID-19

Guidebook in English and Spanish

To learn more about hot zones and COVID-19 safety protocols, check out our free [GUIDEBOOK TO PRACTICING PUBLIC HEALTH PROTOCOLS](#) at SocialSafetyInitiative.org.



Social Safety Initiative



Training Class on Social Hygiene

Take our [free online training course](#) on COVID Social Safety. In 40-min Captain Dave Clement of the US Space Force shows us how to spot hot zones for aerosolized viruses, how to reduce your risk while still socializing, and a few more easy social hygiene tricks.

Training Class on Social Hygiene

Take our [free online training course](#) on Janitorial: Building a Safe and Effective Cleaning Plan. Geoff Lawsone provides short videos you can use to make a realistic cleaning plan that works. This class briefly covers an inspection program so you can show customers you are doing everything right to keep your site safe.

Shareable Media

CoVella vs. the World

A live-action animated fight between Coronavirus and The World. See how our bartender saves the day using simple social safety protocols that you can use too.

Be a Superhero Kids! Wear a Mask

Kids learn how and why to wear a mask in this animated fun song. Together we can save the world!



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Updated February 2022



Appendix A: Sanitizing and Disinfecting Checklist for Places with Children

Item(s)	What to do		When to do it			What to Do
	Sanitize	Disinfect	Each Use	Daily	Weekly	
Eating utensils, bottles, dishes	X		X			Dishwasher ok for dishwasher-safe items
Kitchen surfaces and equipment that touches food	X		X			
Food tables and trays	X		X			
General toys (older kids)	X			X		Dishwashing ok for dishwasher-safe toys
Cribs, cots, mattresses & mats	X			X		Sanitize before sharing
Mouthed toys, bibs & burp cloths, cloth toys	X			X		Sanitize each time before sharing Dishwashing ok for dishwasher-safe toys Hot cycle washing machine
Cold food storage	X				X	
Doorknobs and light switches	X					
Electronics	X					
Drinking fountains		X		X		Try and avoid using these
Garbage cans		X		X		
Surfaces with body fluids or spit-up		X		X		
Bathrooms all areas		X		X		Immediately if body fluids present Sweep/clean floors before disinfecting
Cleaning items		X		X		
Fabric furniture, rugs/carpets	Clean			X		Vacuum daily. Clean with steam or shampoo machine monthly or as needed

This checklist was adapted from:

[COVID-19 Sanitation Guidelines and Cleaning Schedule for Child Care and Early Learning Settings](https://www2.gov.bc.ca/gov/content/health/covid-19/covid-19-prevention-strategy/child-care-and-early-learning-settings/covid-19-sanitation-guidelines-and-cleaning-schedule-for-child-care-and-early-learning-settings)