



Cleaning and Sanitizing in Childcare Settings

Cleaning and Sanitizing are different!

To keep germs from spreading, you need to clean and sanitize.

Cleaning gets rid of the dirt you can see - A good **CLEANING SOLUTION** is soap and water.

Sanitizing gets rid of the dirt you can't see - A good **SANITIZING SOLUTION** is bleach water.

Here's how often you need to clean and sanitize areas of your center or home:

1. Clean after each use:

- Counters
- Tables
- Changing tables
- Mouthed toys
- Isolation area
- Potty chairs
- High chairs

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2. Clean and sanitize daily:

- Toilets
- Sinks
- Kitchen floor
- Counters
- Infant and toddler toys
- Drinking fountain
- Nap mats & bedding unless labeled for individual use
- Doorknobs

3. Wash and sanitize laundry daily (add bleach if water does not reach 140°F)

4. Vacuum and sweep daily

5. Clean and sanitize weekly:

- Cubbies
- Cribs & bedding
- Walls
- Refrigerator
- Trash cans

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- Nap mats & bedding if labeled for individual use

6. Shampoo carpets at least twice yearly (more if visibly soiled)

Spray Bottles

Kitchen utensils - 1/4 teaspoon of liquid bleach to 1 quart of cool water.

General purpose - (diaper and body fluids) 1 tablespoon of liquid bleach to 1 quart of cool water.

BUCKETS

Kitchen utensils - 1 teaspoon of liquid bleach to 1 gallon of cool water.

General purpose - (diaper and body fluids) 1/4 cup of liquid bleach to 1 quart of cool water.

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When using bleach do the following:

- Measure and fill a clean spray bottle
- Date bottle
- Empty each bottle at the end of each day

CAUTION!

Never mix bleach with other disinfectants and/or cleaning products such as ammonia, window cleaners, rust removers, or toilet bowl cleaners. Mixing these chemicals will produce poisonous gases.

For further information, contact the
Oklahoma City-County Health
Department (405) 425-4437

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