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
Cleaning and Sanitizing in Childcare Settings

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
Cleaning and Sanitizing in Childcare Settings

- 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.
Cleaning and Sanitizing in Childcare Settings

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

**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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