

CLEANING OF HOME AND WORKPLACE TO REDUCE THE RISK OF ILLNESS

This Information and instruction guide was developed for home and workplace use under normal, everyday circumstances to reduce the risk of accidental exposure to current viral hemorrhagic fever (Ebola) or other illnesses that can be spread through viruses or bacteria. This will provide guidance on the solution to use for cleaning for high traffic areas in the home or workplace.

If your home or workplace has had direct contact with an individual who is suspected of having Ebola, please contact your local health department for additional information.

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Disinfection Solution Use:

Household bleach (5.0% chlorine concentration) is caustic and direct contact with skin and eyes should be avoided, so wearing gloves is highly recommended for handling the bleach. There are 2 bleach concentration solutions that will be described below:

- **1:10** – used to disinfect objects contaminated with obvious body fluids (vomit, stool/feces/diarrhea, blood, urine, sweat, saliva/spit, and mucus/snot).
- **1:100** - used to disinfect surfaces and objects that do not have obvious contamination with body fluids (no visible soiling of surface) such as walls, floors, cabinets, doorknobs, countertops, etc.

Preparing Bleach Solution

1. Gather the necessary supplies:
 - 1 container that holds the total quantity of 1:10 solution being mixed
 - 1 container that holds the total quantity of 1:100 solution, if you are making the 1:100 solution
 - 1 measuring cup that is capable of measuring $\frac{1}{4}$ cup, as well as 1 cup
 - Chlorine bleach (household bleach)
 - Clean water



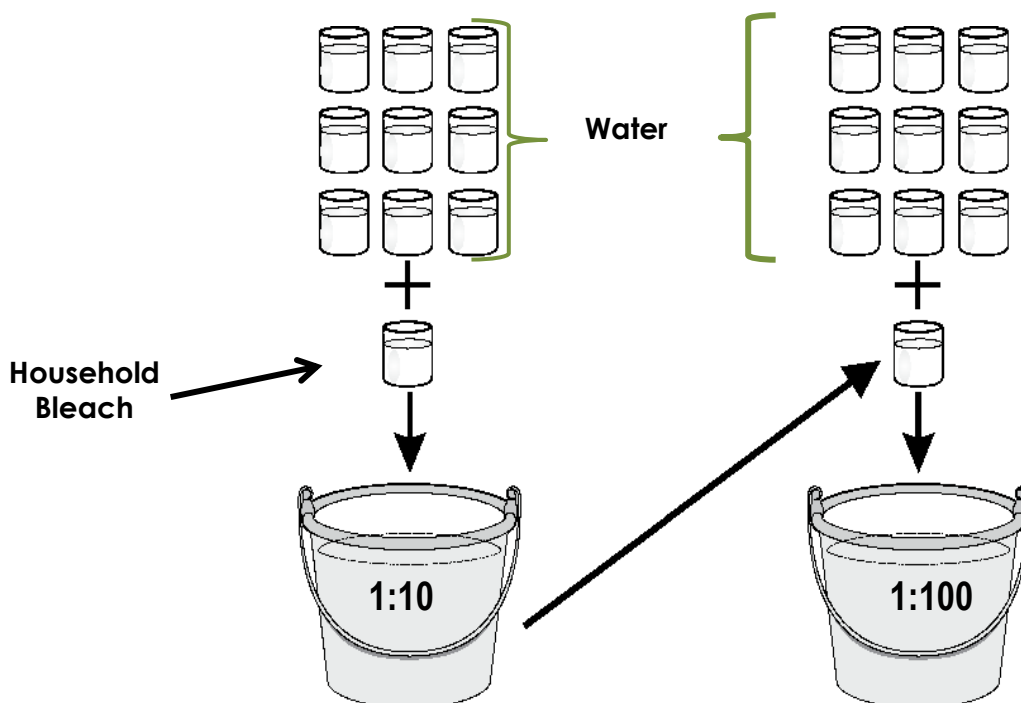
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2. To prepare **1:10** bleach solution:

Small amount (2 ½ cups)	Large Amount (1.25 gallons/80 ounces)
<ul style="list-style-type: none"> • 2 ¼ cups of water 	<ul style="list-style-type: none"> • 9 cups of water
<ul style="list-style-type: none"> • ¼ cup of ordinary household bleach 	<ul style="list-style-type: none"> • 1 cup of ordinary household bleach
<p>Pour water into the large container, then add the bleach. This will decrease the risk of chemical burns from the bleach splashing when poured first.</p>	<p>Pour water into the large container, then add the bleach. This will decrease the risk of chemical burns from the bleach splashing when poured first.</p>

3. To prepare **1:100** bleach solution:

Small amount (2 ½ cups)	Large Amount (1.25 gallons/80 ounces)
<ul style="list-style-type: none"> • 2 ¼ cups of water 	<ul style="list-style-type: none"> • 9 cups of water
<ul style="list-style-type: none"> • ¼ cup of the 1:10 bleach solution 	<ul style="list-style-type: none"> • 1 cup of 1:10 bleach solution.
<p>Pour water into the large container, then add the 1:10 bleach solution. This will decrease the risk of chemical burns from the bleach splashing when poured first.</p>	<p>Pour water into the large container, then add the 1:10 bleach solution. This will decrease the risk of chemical burns from the bleach splashing when poured first.</p>



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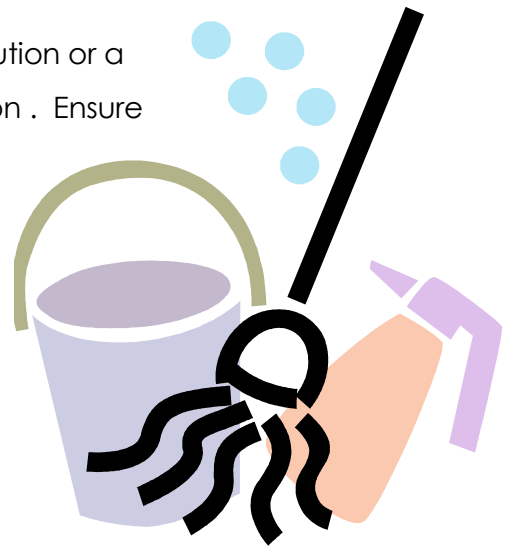
Bleach solutions must be prepared daily. They lose their strength after 24 hours. Anytime the odor of chlorine is not present, discard the solution.

Diseases that are spread through direct contact typically require close to intimate contact to be spread. However, the virus that causes Viral Hemorrhagic Fevers (ebola, for example) can live under much harsher conditions. The virus can live for several hours after the body fluid dries on a surface or days if the body fluid remains moist. That gives us cause to disinfect inanimate surfaces that could collect the virus, such as: door knobs, tabletops, sinks, floors, etc.

To Clean Surfaces

Body fluids do not need to be visibly seen to disinfect surfaces that are in frequent contact with humans.

1. Use a spray bottle of the 1:100 bleach solution or a rag/mop rinsed in the 1:100 bleach solution . Ensure the entire surface is covered with the solution. (If using a spray bottle, apply the spray close to the surface to minimize splashing and aerosols.)
2. Do not dry the surface. Allow the surface to air dry for at least 30 minutes.



Clean and Disinfect Clothing or Other Cloth Items

1. Soak laundry in 1:100 bleach solution for 30 minutes. Be sure that all items are completely soaked.
2. Remove items from the bleach solution and place in soapy water.
3. Soak overnight in soapy water
4. Scrub thoroughly to remove stains. Rinse and line-dry.

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5. The clean clothing is now ready for use.

Disinfect Spills of Potentially Infectious Body Fluids

1. Use a cup or dipper to pour bleach solution on spills. Cover the spill completely with 1:10 bleach solution. Take care to prevent drops or splashes of the contaminated body fluid from reaching anyone when pouring bleach solution on the spill.
2. Soak the spill for at least 15 minutes
3. Remove the disinfected blood or spilled material with a cloth soaked with 1:10 bleach solution.
4. Discard any waste in the container for collecting disposable infectious waste.
5. Wash area as usual with soap and clean water.

First Aid for Accidental Exposure

First Aid for Accidental Contact with Body Fluids

An accidental contact can occur if there is unprotected contact between infectious body fluids and broken skin or the mouth, nose or eye. Treat any accidental contact as soon as the contact occurs:

1. Flush the area in the most appropriate manner with soap and clean water. If a splash occurs in the eye, flush it with clean water.
2. If in the workspace: report the exposure to a supervisor.
3. Contact your healthcare provider or local health department for more information.

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Follow up accidental exposures

It is very important to follow the directions for follow-up that have been given to you by your healthcare provider or health department. These instructions likely asked that you monitor and report any symptoms you may experience over a 2 to 3 week period.

Wash Hands Regularly-Clean Hands Save Lives!

When?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up after someone who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal/pet, animal feed/treats, or animal waste
- After touching garbage



How?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

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- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

No soap and water available?

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



This document was developed using the World Health Organization's publication: Infection Control for Viral Hemorrhagic Fevers in the African Health Care Setting – Section 5 & 6

