

**Wear the appropriate disposable gloves** to clean and disinfect.

Instructions for donning and doffing of gloves can be found here:  
[bit.ly/dondoffgloves](https://bit.ly/dondoffgloves)

Unfortunately, gloves and masks are very difficult to come by as most providers are sending these directly to health care providers (as they should be). Our recommendation at this time would be to send a request to the warehouse and continue looking elsewhere when possible - home depot, princess auto, etc. That being said, please be reminded to avoid unnecessary travel when and where possible.

## 1 STEPS TO DISINFECT SURFACE

### 1.1 CLEAN FIRST IF SURFACE IS SOILED

- **Clean surfaces using soap and water.** Practice routine cleaning and disinfecting of frequently touched surfaces.
- High touch surfaces can include: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

### 1.2 DISINFECT

When selecting and using a solution, here are our guidelines for choosing the correct item and ensuring it does the job correctly.

- When selecting a brand name household cleaner, look for the product to say "effective against viruses"
  - If it says Coronavirus, or COVID-19, even better.
- If the product is alcohol based, the product must be at least 70% alcohol
- The SDS for the product must be obtainable - come with the product or available online
  - We've encountered some "no name" products that don't have SDS's available.
- Follow the instructions outlined on product and/or SDS
- Have instructions to follow: how much to use, how long to leave the cleaning agent on the surface, what to use to wipe up the agent, how to dispose of it, etc.
- Follow PPE requirements listed on the product and/or SDS
- If products are decanted from original container, please ensure the product is labelled.

### 1.2.1 Hierarchy of Recommended Disinfectants

1. Green product such as BenefactDecon 30
2. Alcohol Cleaners
3. Hydrogen Peroxide Cleaners
4. Spray Nine or other household disinfectant (i.e. Lysol)
  - a. Recommended list can be found here: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>
5. Bleach Mixture (further instruction for using Bleach is below).

### 1.2.2 Additional Recommendations When Using Bleach Mixture

- As above, review SDS for the product
- Wear appropriate PPE
- Mix with water.
  - Health Canada recommends 1 part bleach to 9 parts water
- Rinse surfaces that were cleaned

## 2 CLEAN UP AND DISPOSAL

- Dispose of rags/paper towel in waste bins.
- If you need to empty waste bins, keep gloves on.
- Once cleaning and disinfection has been complete, remove your gloves following doffing rules listed above.
- **Wash your hands often** with soap and water for 20 seconds.
  - Always wash immediately after removing gloves
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
  - After blowing one's nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

**IF YOU HAVE ANY CONCERNS OR QUESTIONS, PLEASE ASK YOUR SUPERVISOR.**