

# Cleaning for Health



The COVID-19 pandemic has made us all more cognizant of measures to help prevent the spread of pathogens, such as mask-wearing, physical distancing and disinfecting surfaces. Whether dining at a restaurant, taking public transit, or sending children to school, the public needs to feel confident that shared spaces are safe. While appearance and building maintenance are still important reasons to clean, the public health benefit of cleaning and disinfecting to help eliminate pathogens on surfaces is now more important than ever in commercial settings. Even once the pandemic has passed, disinfecting needs to play a central role in keeping shared spaces cleaner, healthier places so people can thrive.

## Did You Know?

- Research shows that targeted disinfecting of high-touch items can help reduce the risk of germ transmission in household and workplace environments by **up to 80 percent**.<sup>1</sup>
- **77% of consumers** now consider a businesses' cleaning & disinfecting practices to be a "selling point." **65% believe** that increased commercial cleaning & disinfecting is a permanent shift.<sup>2</sup>
- Influenza cases cost the US **\$87 billion per year** in healthcare costs, lost wages, and loss of life.<sup>3</sup>

## What is Cleaning for Health?

It means that your goals include reducing the spread of pathogens and helping to protect the health of your building's occupants, visitors, and staff.

## Who benefits from Cleaning for Health?



**Building occupants and Visitors (customers, students, employees): safer, healthier environment**



**Professional Cleaning Staff: worker safety**



**Facilities/business Owners: enhance confidence of those visiting the facility**

## Additional Ways to Help Prevent the Spread of Pathogens

**Cleaning & disinfecting are part of a holistic strategy to help prevent the spread of illness causing germs. Other measures can include:**

- Wash hands
- Avoid touching eyes/nose/mouth with unwashed hands
- Covering your cough/sneeze
- Keep your distance, wear a facemask during outbreaks or pandemics

<sup>1</sup>Reynolds KA, Gerba CP. Quantifying the impact of hygiene interventions. *Household and Personal Care Today*. 2017;12(1):12-13.

<sup>2</sup>Lieberman LR, Patnaik M, Bardi G., et al. Future of Cleaning: Seeing is Believing. *Barclays Equity Research*. 2020 Dec 8.

<sup>3</sup>Safety and cleanliness - make it or break it. [Internet]. Deloitte Consulting, LLP. 2020 [cited 2020 Oct 6]. p. 1-5. Available from: <https://www.deloittdigital.com/content/dam/deloittdigital/us/documents/offering/offering-20200626-safety-cleanliness-covid.pdf>

# Smart Disinfection

Thorough disinfection helps to prevent the spread of germs, but resource constraints are real. Facilities need to adopt a cleaning and disinfection plan that is both effective AND efficient. A Smart Disinfection plan helps you establish and plan for when, where, and how to disinfect that aligns to the level of risk in your facility and your available resources.

## What is Smart Disinfection?

Smart Disinfection is an evidenced- based surface disinfection approach that targets disinfecting “higher risk areas” aiming to reduce pathogen transmission, maximize protection from infections, and optimize the use of disinfectants.

### To develop a Smart Disinfection plan, follow these steps:

- Identify areas to be disinfected by **assessing the level of risk** for pathogen transmission.

#### “Higher Risk Areas” include:



High traffic areas that also have many commonly touched surfaces



Potential for high exposure to contaminants (e.g. bodily fluids)



Where population is more vulnerable to infection (e.g. children, elderlies, underlying health conditions)



Develop a plan for **when** the surfaces within those areas should be disinfected, **how** they will be disinfected (product) and by **whom**. Start with the highest risk areas and move to lower risk areas as resourcing allows.



Disinfectants are safe when used as directed, so it is imperative to always **follow label instructions**, conduct **staff training**, and wear appropriate **personal protective equipment**.

## How often should you disinfect?



- According to the CDC, commonly touched surfaces should be cleaned and disinfected daily if not more frequently throughout the day depending on level of use.<sup>4</sup>
- More thorough cleaning & disinfecting should happen at the end of the day, or when the building is unoccupied
- In the event of an outbreak, additional disinfecting measures may be needed



<sup>4</sup> <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>