



COVID-19

Environmental Cleaning and Disinfectants for Physicians' Offices

Cleaning: the physical removal of visible soiling (e.g., dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Environmental cleaning for COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in hospitals and health care settings are strong enough to deactivate coronaviruses and prevent their spread. **Cleaning of visibly soiled surfaces followed by disinfection is recommended for prevention of COVID-19 and other viral respiratory illnesses.**

Suggested cleaning frequencies for physicians' offices:

Type of surface to be cleaned	Cleaning frequency
1. Shared equipment Examples: stethoscopes, blood pressure cuffs, otoscopes	IN BETWEEN PATIENTS
2. Horizontal and touch surfaces Examples: counters, baby scales, tables, exam bed	AFTER A PERSON WHO PRESENTED WITH RESPIRATORY SYMPTOMS LEAVES AND AT LEAST DAILY
3. Frequently-touched surfaces Examples: medical equipment, door knobs, light switches, telephones, keyboards, mice, pens, charts, cell phones, toys, bathrooms	AT LEAST TWICE A DAY
4. General cleaning of exam rooms Examples: chairs, tables, floors	AT LEAST TWICE A DAY

For electronic equipment please comply with manufacturer's instructions to not void the warrantee.



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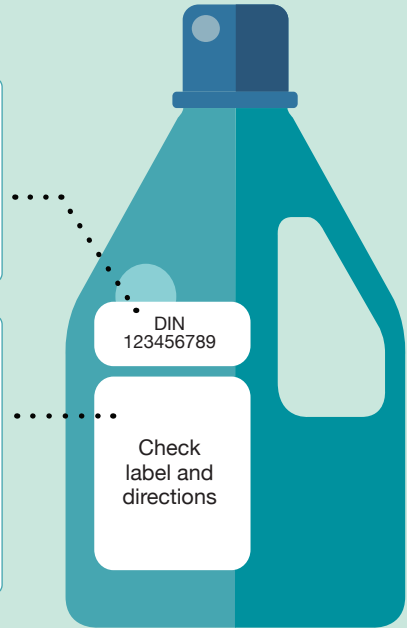
The below list of common disinfectants is provided as a guide to choosing products. Most janitorial product outlets carry all of these products. Pre-made solutions (no dilution needed) or ready-to-use wipes can be used. **Always follow the manufacturer's instructions.**

IMPORTANT NOTES:

- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, wet contact time, and safe use (e.g. wearing gloves, good ventilation, etc.)
- Clean visibly soiled surfaces before disinfecting (unless otherwise stated on the product).

Drug Identification Number (DIN):
A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.

- Agents effective against coronavirus:**
- Bleach: sodium hypochlorite (5.25%)
 - Hydrogen peroxide (0.5%)
 - Quaternary Ammonium Compounds (QUATs)



List of disinfecting agents and their working concentrations known to be effective against coronaviruses^{1,2}:

Agent and concentration	Uses
1. 1:100 dilution Chlorine: bleach – sodium hypochlorite (5.25%) 500 ppm solution 10 ml bleach to 990 ml water	Used for disinfecting surfaces and medical equipment (e.g. counters, door knobs, stethoscope, BP cuff). Allow surface to air dry naturally.
2. 1:50 dilution Chlorine: bleach - sodium hypochlorite (5.25%) 1,000ppm solution 20 ml bleach to 980 ml water	Used for disinfecting surfaces contaminated with bodily fluids and waste (e.g. vomit, diarrhea, mucus, feces) (after cleaning with soap and water first). Allow surface to air dry naturally.
3. Accelerated Hydrogen Peroxide 0.5%	Used for cleaning and disinfecting surfaces and medical equipment.
4. Quaternary Ammonium Compounds (QUATs)	Used for cleaning and disinfecting of surfaces (e.g., floors, walls, furnishings).

¹ Dellanno, Christine, Quinn Vega, and Diane Boesenberg. "The antiviral action of common household disinfectants and antiseptics against murine hepatitis virus, a potential surrogate for SARS coronavirus." *American journal of infection control* 37.8 (2009): 649-652.

² Provincial Infection Prevention Control Network of British Columbia. "Infection Prevention and Control Guidelines for Providing Healthcare to Clients Living in the Community." (2014). https://www.picnet.ca/wp-content/uploads/PICNet_Home_and_Community_Care_Guidelines_2014_.pdf

The BC Ministry of Health does not endorse or promote any specific brands of disinfectant products.

