Cleaning and disinfection in a day nursery

Preparing a Disinfecting Solution for Day Nurseries*

Note: Food contact surfaces in kitchens must be disinfected as per Food Premise Regulation, RRO.562/90.

<table>
<thead>
<tr>
<th>SURFACE TO BE SANITIZED</th>
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<td>Non-food surfaces: this includes chairs, tables, counter tops, toys, etc. This also includes diaper change area**</td>
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### SODIUM HYPOCHLORITE (BLEACH SOLUTION)

- 200 ppm (5.25 % household bleach)
- 5mL bleach: 1 L water  
  (1 tsp bleach: 4 cups water)
- Wipe area and let air dry. Use chlorine test strips.

### QUATERNARY AMMONIUM COMPOUNDS

- 400 ppm.  
  Follow manufactures instructions for dilution.  
  Wipe area and let air dry. Use quaternary ammonium test strips.

* Other disinfectants may be used. Consult with the health unit.

** A separate sanitizing solution should be stored in the diapering area to be used only for diapering.

During outbreaks, the concentration of sanitizing solution may need to be increased.

Preparing a High Level Disinfection Solution

To be used for cleaning up blood spills and vomit/fecal accidents

There are many high level disinfection alternatives to bleach, please consult your local public health inspector.

### BLEACH: WATER

- 100 mL bleach: 1 L of water  
  (1 cup of bleach: 9 cups of water).
- Contact time on surface is 10 minutes

Definitions

**Clean:**

The physical removal of foreign material (soil, dust) and organic material such as blood, secretions, excretions and micro-organisms (bacteria, viruses etc.). Cleaning generally removes rather than kills and reduces or eliminates potential pathogenic organisms. Therefore, disinfection is necessary in a childcare setting.

**Disinfect:**

The process that kills or destroys most disease-producing micro-organisms and viruses. Disinfection can occur with chemicals or hot water (82°C for 45 seconds). Chemical disinfectants are classified as high level, intermediate level, and low level.

Childcare centres should only use disinfectants that are registered with Health Canada and have a Drug Identification Number (DIN). All chemical disinfectants should have accompanying Material Safety Data Sheets (MSDS) and product information sheets that staff should reference.

To ensure sufficient chemical strength: prepare fresh disinfecting solutions daily (unless otherwise specified on product label) and provide appropriate chemical test strips to verify strength.

Call the Communicable Disease Team:
(705) 721-7520 ext. 8809