

Cleaning & Disinfecting Matrix

A guide for environmental services and other healthcare workers

Recommended use: Print, laminate and place on cart.

Version # 1.0 — April 2023

Environmental services are a vital part of patient, worker and facility safety. Please follow these and other facility guidelines when cleaning.

BEFORE

YOU ENTER A PATIENT ENVIRONMENT

Always look for, review, and follow posted precautions prior to entering a patient environment.

- ▶ Know what precautions to follow.

The Project Firstline program is a national training collaborative led by the Centers for Disease Control and Prevention (CDC) in partnership with the American Hospital Association and the Health Research & Educational Trust (HRET), an AHA 501(c)(3) nonprofit subsidiary, to provide infection control training and education to frontline healthcare workers and public health personnel. AHA is proud to partner with Project Firstline, as supported through Cooperative Agreement CDC-RFA-CK20-2003. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this resource do not necessarily represent the policies of CDC or HHS, and should not be considered an endorsement by the Federal Government.

BEFORE

YOU CLEAN AND DISINFECT

Use the correct PPE (personal protective equipment) based on the organizational policy.

- ▶ If the PPE is not available, contact your supervisor before continuing.

Confirm you are using products that are EPA-registered for use in healthcare.

- ▶ Check product expiration dates.
- ▶ Check the integrity of the product. Do not use a product that appears contaminated, soiled or dirty.
- ▶ Review instructions and precautions on product labels.
- ▶ Check that the product is listed on the EPA website: <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>

WHILE

YOU CLEAN AND DISINFECT

Until a surface is clean, you cannot disinfect.

- ▶ Remove all visible soil and dirt first, then disinfect.

Clean top to bottom, from cleanest to dirtiest, and either clockwise or counterclockwise.

Use the fold method when wiping to maximize all clean sides of the cloth(s).

- ▶ Depending on your specific cleaning method, ensure the cleaning/disinfectant product is applied evenly to all surfaces, and the cloth is sufficiently wet with product, so nothing is missed.

Follow product instructions for use.

- ▶ Including the number of minutes required by the product label's listed contact time (the amount of time the surface has to stay wet with the disinfectant to inactivate the germs/pathogens.)

	ISOLATION PRECAUTIONS	PATHOGENS	PURPOSES
	<i>How to protect yourself and avoid cross contamination</i>	<i>Germs you may encounter</i>	<i>Why it's essential to clean and disinfect properly (including hand cleaning before putting on and after taking off PPE)</i>
CONTACT	<ul style="list-style-type: none"> ▶ Use gown and gloves while cleaning to avoid getting germs on your skin and clothes. ▶ Clean hands with soap and water or alcohol-based hand sanitizer (ABHS). <i>NOTE: ABHS/foams do not kill C. diff spores due to their protective outer shell.</i>⁽¹⁾ ▶ For certain patients on contact isolation (based on your facility protocols), use an EPA labeled product effective against spore-forming pathogens and non-enveloped viruses (e.g., <i>C. diff.</i>, Norovirus). 	<ul style="list-style-type: none"> ▶ <i>Candida auris (C. auris)</i> ▶ <i>Clostridioides (formerly Clostridium) difficile (C. diff)</i> ▶ Methicillin-resistant <i>Staphylococcus aureus (MRSA)</i> ▶ Norovirus ▶ Respiratory syncytial virus (RSV) 	<ul style="list-style-type: none"> ▶ Cleaning blood, body fluids, and respiratory droplets from surfaces reduces the potential for cross contamination. ▶ Multidrug-resistant germs (also known as MDROs) can survive on surfaces for hours, days, and even weeks (e.g., <i>Candida auris</i>) and represent a significant risk for hospitalized patients. ▶ <i>C. difficile</i> and norovirus require disinfectants with EPA registered claims against them. ▶ Detailed cleaning, so no surface or items is missed, in bathrooms and other frequently touched surfaces is important because MDROs and other pathogens are easily transferred from hospital surfaces to healthcare worker hands, which have shown to be a significant contributing factor in the transmission of pathogens.⁽⁵⁾
DROPLET	<ul style="list-style-type: none"> ▶ Use approved PPE and consider using a face shield or goggles if there's a higher risk you'll be exposed to splashes and sprays. ▶ Clean hands with ABHS or soap and water. 	<ul style="list-style-type: none"> ▶ Influenza ▶ Rhinovirus (a common cold virus) ▶ Mumps 	<ul style="list-style-type: none"> ▶ Cleaning and disinfecting environmental surfaces is fundamental in reducing the potential for transmission of other pathogens.⁽⁶⁾ Using the right transmission-based isolation precautions lowers the chances of spreading the infection.
AIRBORNE	<ul style="list-style-type: none"> ▶ Keep windows and doors closed in Airborne Infection Isolation Rooms (sometimes called "negative pressure rooms"). ▶ Use approved PPE including respiratory protection to avoid inhaling germs. ▶ Clean hands with ABHS or soap and water. 	<ul style="list-style-type: none"> ▶ Measles ▶ Tuberculosis (MTB) 	<ul style="list-style-type: none"> ▶ Cleaning and disinfecting environmental surfaces is fundamental in reducing the potential for transmission of other pathogens.⁽⁶⁾ Using the right transmission-based isolation precautions lowers the chances of spreading the infection. ▶ This remains important even when a pathogen, such as tuberculosis, is very rarely transmitted from environmental surfaces.
OTHER	<ul style="list-style-type: none"> ▶ For COVID-19 (SARS-CoV-2), PPE includes a gown, gloves, a respirator (e.g., N95), and eye protection.⁽²⁾⁽³⁾⁽⁴⁾ 	<ul style="list-style-type: none"> ▶ COVID-19 (SARS-CoV-2) 	
	<ul style="list-style-type: none"> ▶ For Mpox (formerly monkeypox), use gowns, gloves, N95 and eye protection. ▶ Avoid activities that could resuspend dried material from lesions, such as use of portable fans, sweeping, and vacuuming. 	<ul style="list-style-type: none"> ▶ Mpox (formerly monkeypox) 	<ul style="list-style-type: none"> ▶ Cleaning and disinfecting environmental surfaces is fundamental in reducing the potential for transmission of other pathogens.⁽⁶⁾ Using the right transmission-based isolation precautions lowers the chances of spreading the infection.

(1) <https://www.cdc.gov/handhygiene/science/index.html>

(2) <https://www.cdc.gov/niosh/npptl/hospresptoolkit/default.html>

(3) <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

(4) https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html#anchor_1604360721943

(5) <https://www.cdc.gov/infectioncontrol/guidelines/mdro/epidemiology.html>

(6) <https://www.cdc.gov/hai/prevent/environment/surfaces.html>

➔ For more in-depth training and resources visit **AHE.org/Training** and **CDC.gov/ProjectFirstline**