



# Cleaning and Sanitizing in Childcare Settings

**Cleaning and Sanitizing are different!**

**To keep germs from spreading, you need to clean and sanitize.**

**Cleaning** gets rid of the dirt you can see - A good **CLEANING SOLUTION** is soap and water.

**Sanitizing** gets rid of the dirt you can't see - A good **SANITIZING SOLUTION** is bleach water.

**Here's how often you need to clean and sanitize areas of your center or home:**

## **1. Clean after each use:**

- Counters
- Tables
- Changing tables
- Mouthed toys
- Isolation area
- Potty chairs
- High chairs

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## **Cleaning and Sanitizing in Childcare Settings**

### **2. Clean and sanitize daily:**

- Toilets
- Sinks
- Kitchen floor
- Counters
- Infant and toddler toys
- Drinking fountain
- Nap mats & bedding unless labeled for individual use
- Doorknobs

### **3. Wash and sanitize laundry daily (add bleach if water does not reach 140°F)**

### **4. Vacuum and sweep daily**

### **5. Clean and sanitize weekly:**

- Cubbies
- Cribs & bedding
- Walls
- Refrigerator
- Trash cans

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- Nap mats & bedding if labeled for individual use
- 6. Shampoo carpets at least twice yearly  
(more if visibly soiled)**

#### **Spray Bottles**

**Kitchen utensils** - 1/4 teaspoon of liquid bleach to 1 quart of cool water.

**General purpose** - (diaper and body fluids) 1 tablespoon of liquid bleach to 1 quart of cool water.

#### **BUCKETS**

**Kitchen utensils** - 1 teaspoon of liquid bleach to 1 gallon of cool water.

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## Cleaning and Sanitizing in Childcare Settings

**General purpose** - (diaper and body fluids) 1/4 cup of liquid bleach to 1 quart of cool water.

### When using bleach do the following:

- Measure and fill a clean spray bottle
- Date bottle
- Empty each bottle at the end of each day

### CAUTION!

Never mix bleach with other disinfectants and/or cleaning products such as ammonia, window cleaners, rust removers, or toilet bowl cleaners. Mixing these chemicals will produce poisonous gases.

For further information, contact the  
Oklahoma City-County Health  
Department (405) 425-4437

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