

Cleaning and Disinfecting Guidelines for Guest Rooms and Common Areas against COVID-19

The following recommendations are for cleaning and disinfecting rooms and common areas where individuals with suspected or confirmed COVID-19 infection have visited. It is a combination of documents from the CDC (www.cdc.gov) and SNHD (www.snhd.info), and is aimed at limiting the survival of novel coronavirus on surfaces. The EPA maintains a list of disinfectants approved to be effective against COVID-19 on their website (www.epa.gov/coronavirus).

COVID-19 Spread

Based on what is [currently known about the virus](#), COVID-19 is mainly spread from person-to-person when in close contact, within about 6 feet, of other people. This type of transmission occurs via respiratory droplets. COVID-19 can also be spread through surfaces, when a droplet from an ill person lands on a surface, and then someone else touches the same surface and touches their nose, mouth, or eyes. Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials. The best method of preventing COVID-19 transmission through surfaces in community areas is to clean first to remove visible dirt, then disinfect with chemicals ([here](#)) effective against COVID-19.

What to Disinfect

Cleaning staff should clean and disinfect all areas used by the ill person (including their room, bathroom, etc.), and all high touch areas in shared spaces including but not limited to the following. gaming machines, handrails, tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, elevators, pens, etc.

Chemicals

Refer to the EPA list of approved chemicals effective against COVID-19. Refer to manufacturer directions regarding where to use the chemical, how much chemical to use, how to dilute if necessary the contact time the chemical must be on the surface to be effective, and the appropriate personal protective equipment (PPE) to use. Disinfectant chemicals are only effective on a clean surface. Clean surfaces with a soap or detergent to remove dirt and soil before disinfecting .

If the above products are not available, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleaner. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water or 2 teaspoons bleach per quart of water (1000+ parts per million ppm)

Personal Protective Equipment (PPE) and Hand Hygiene:

- Cleaning staff should wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.
 - Gloves and gowns should be compatible with the disinfectant products being used.
 - Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to **clean hands** after removing gloves.
- Gloves should be removed after cleaning a room or area occupied by ill persons. [Clean hands](#) immediately after gloves are removed.
- Cleaning staff should immediately report breaches in PPE (e.g., tear in gloves) or any potential exposures to their supervisor.
- Cleaning staff and others should clean hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains 60%-95% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

General Hygiene Guidance

- Follow normal preventive actions while at work and home, including cleaning hands and avoiding touching eyes, nose, or mouth with unwashed hands.
 - Additional key times to clean hands include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g., a child)

Guest Rooms

It is recommended to close off areas used by the ill persons and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets. If possible, open outside windows to increase air circulation in the area. Wait up to 24 hours before beginning cleaning and disinfection when possible.

- Once the ill guest has checked out, treat the room as a “hot room” and deep clean to ensure that any contamination has been removed. Ensure that staff are trained and properly protected for such clean-up activities.

- Treat all areas of rooms with known ill guests as if they are contaminated with a highly infectious organism.
- Staff entering the room should wear appropriate personal protective equipment (PPE), including gloves and disposable apron.
- Discard all disposable paper products (e.g. tissues, toilet paper, cups).
- Remove all towels, linens, pillows, bedspreads, and blankets.
- Do not shake dirty laundry. Shaking laundry could release virus particles through the air.
- Wash items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry that has been in contact with an ill person can be washed with other people's items.
- If an outside laundry service is used, they should be advised that the laundry is potentially infectious.
- Clean and disinfect hampers or other carts for transporting laundry according to guidance above.
- Clean and sanitize/disinfect high touch areas such as taps, faucets, door and drawer handles, door latches, toilet or bath rails, telephones, rails on balconies, light and lamp switches, thermostats, remote controls, curtain pulls and wands, covers on guest information books, alarm clocks, hair dryers, irons, and pens.
- Carpets should be cleaned in a three-step process. First, carpets must be cleaned with carpet detergent and hot water. Second, carpets must be disinfected by applying an appropriate disinfectant. Finally, carpets should be steam cleaned (158°F for 5 minutes or 212°F for 1 minute will inactivate the virus).
- Soft furnishings should be cleaned and sanitized with an appropriate cleaner and disinfectant.
- If available, use an aerosol or fogging device to sanitize/disinfect all surfaces in the room.

How to Clean and Disinfect Soft/Porous Surfaces

- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
- If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.
- Otherwise, use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces. (examples are found [here](#))

Additional Considerations for Employers:

- Employers should work with SNHD to ensure appropriate local protocols and guidelines, such as updated/additional guidance for cleaning and disinfection, are followed, including for identification of new potential cases of COVID-19.
- Employers should educate staff and workers performing cleaning, laundry, and trash pick-up activities to recognize the symptoms of COVID-19 and provide instructions on what to do if they

develop [symptoms](#) within 14 days after their last possible exposure to the virus. At a minimum, any staff should immediately notify their supervisor and SNHD if they develop symptoms of COVID-19. SNHD will provide guidance on what actions need to be taken. When working with your local health department check their website (www.SNHD.info) for available hours and other current information.

- Employers should develop or review policies for worker protection and provide training to all cleaning staff on site prior to providing cleaning tasks. Training should include when to use PPE, what PPE is necessary, how to properly put on, use, and take off PPE, and how to properly dispose of PPE.
- Employers must ensure workers are trained on the hazards of the cleaning chemicals used in the workplace in accordance with OSHA's Hazard Communication standard ([29 CFR 1910.1200external icon](#)).
- Employers must comply with OSHA's standards on Bloodborne Pathogens ([29 CFR 1910.1030external icon](#)), including proper disposal of regulated waste, and PPE ([29 CFR 1910.132external icon](#)).

Resources:

CDC - Environmental Cleaning and Disinfection Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

EPA – List N: Disinfectants for Use Against SARS-CoV-2 <https://www.epa.gov/coronavirus>

Southern Nevada Health District Guidelines for the Prevention and Control of Norovirus in Hotel/Casino

<https://www.southernnevadahealthdistrict.org/Health-Topics/norovirus/>