

# Disinfecting Surfaces and Respiratory Hygiene



VNS Health Personal Care is preparing for the New York State Department of Health (NYSDOH) triennial recertification survey.

## Disinfecting surfaces

- If a surface is visibly soiled, clean with soap/detergent and water before disinfecting.
- Always follow directions on the label of a disinfecting product. Keep the surface wet for the required period of time—**check for the product label for the Contact Time.**
- Examples:
  - Alcohol Solution  $\geq 70\%$  alcohol – Keep surface wet for 1 minute.
  - Diluted household bleach solution – keep surface wet for 1 minute.

## Disinfecting soft porous surfaces

- Launder in a washing machine with detergent using the warmest appropriate setting.
- Dry items completely. If using a dryer use the warmest setting.
- Cloth face coverings: wash daily after use. Can be washed with regular laundry. If washing by hand, soak in bleach solution for 5 minutes, rinse thoroughly with cool water.

## Respiratory Hygiene and Cough Etiquette

- Remind patients with respiratory symptoms to cover their mouth and nose with a tissue when coughing or sneezing, or cough in the elbow crease.
- Perform hand hygiene after disposing of the tissue.

