

Cleaning your premises following a confirmed or probable case of COVID-19

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This information provides guidance on cleaning a Hospitality premise that has been used by a confirmed or probable COVID-19 case. The information has been sourced from the Ministry of Health website and includes cleaning products and the personal protective equipment that may be required to perform the task along with frequent question and answers about cleaning methods.

COVID-19 is spread by droplets and contact with surfaces that infectious droplets have landed on. This means that when an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces.

COVID-19 can survive on different surfaces for different lengths of time. The exact time is dependent on the surface, temperature, and humidity but studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard.

Further information on how long the COVID-19 virus can survive for can be found on the World Health Organisation website.

- The Infection Prevention and Control nurse at the local district health board/public health unit can provide further guidance if required.
- Find information on general cleaning for businesses and education centres: health.govt.nz/covid-19-general-cleaning
- Find COVID-19 cleaning FAQs: health.govt.nz/covid-19-cleaning-faqs

When cleaning, remember the following two principles

1. Top to bottom

- Start cleaning surfaces higher up and work your way to the floor. This method ensures that any particulates or debris fall to the floor which will be cleaned last.

2. Clean to dirty

- Start by cleaning surfaces and objects that are cleaner and work your way to cleaning dirtier items (eg, toilets).
- Avoid going from an area that has not been cleaned to an area that has been cleaned. This avoids dirtying the cleaned area and will ensure you aren't cross-contaminating items or surfaces.

Cleaning products

Coronaviruses can survive on surfaces for many hours but are readily inactivated by cleaning and disinfection. Any hospital grade detergent/disinfectant products are suitable for cleaning following a confirmed or probable case of COVID-19.

Always follow the directions on the label. The label will include safety information and instructions for safe and effective use of the cleaning product, including precautions you should take when applying it. Specific personal protective equipment (PPE) and dwell time (how long the cleaning product should remain wet on the surface before drying) should be included in product instructions.

Recommended cleaning product should be a 2-in-1 product (containing both cleaning and disinfectant properties) to increase efficiency. Keep the windows open for ventilation if possible.

Personal protective equipment (PPE) requirements, including order for putting on and removing PPE

Order for putting on PPE

Perform hand hygiene then:

1. put on gown or apron
2. put on mask
3. put on protective eyewear (if the cleaning product manufacturer recommends eye protection, wear a face shield or goggles. Note that prescription eyeglasses are not classed as eye protection)

4. put on gloves (these can include heavy-duty household gloves).

Order for removing PPE - At the end of cleaning, remove all used gowns, facemasks, gloves and other contaminated items and place in a lined container before disposing of them with other household/general waste. Wash your hands immediately after handling these items.

1. Remove gloves.
2. Perform hand hygiene.
3. Remove gown.
4. Perform hand hygiene.
5. Remove protective eyewear (if worn and separate from mask).
6. Perform hand hygiene.
7. Remove mask.
8. Perform hand hygiene.

Cleaning order

Gather the items needed for cleaning before entering the area and cleaning begins, including:

- personal protective equipment (PPE)
- cleaning equipment and solutions
- rubbish waste bag.

After putting on PPE, enter the area and commence cleaning.

What is the difference between cleaning and disinfecting?

Cleaning means to physically remove germs (bacteria and viruses), dirt and grime from surfaces using a detergent and water solution. It is an essential first step in any disinfection process.

Disinfecting means using chemicals to kill germs on surfaces. It's important to clean before disinfecting because dirt and grime can reduce the ability of disinfectants to kill germs. The disinfectant concentration and contact time are also critical for effective surface disinfection.

How to clean and disinfect

Gather your equipment such as cleaning and disinfecting agents, cleaning cloths and mops, and protective equipment to wear (eg, gloves) before you start cleaning. Clean surfaces first with detergent and warm water. Anything labelled as a detergent will work. Disinfectants should only be used once the surface is fully cleaned because dirt and grime can reduce the effectiveness of a disinfectant to kill germs, including the COVID-19 virus.

Disinfectants come with instructions from the manufacturer describing how to safely use them. Make sure you give the disinfectant time to work – disinfectants require dwell time to be effective at killing germs. Dwell time is the amount of time the disinfectant should remain wet on a surface before drying. If no time is specified on the manufacturer's directions, leave the disinfectant for ten minutes before drying the surface with a clean cloth.

Common questions:

What products can be used to disinfect?

You can use hypochlorite disinfectants (bleach), products that contain $\geq 70\%$ alcohol, or products that state on the label that they have antiviral activity, meaning they can kill viruses. If using bleach, mix with water following the dilution instructions provided by the manufacturer. Fresh bleach solution should be made every 24 hours. If the solution is not prepared and used as described in the instructions, it is unlikely to be effective.

Can I use a product that claims to clean and disinfect at the same time?

Yes, some products can be used for both cleaning and disinfecting, which can save time and effort. If using these products, make sure that you read and follow the instructions on the label to ensure they work effectively.

What is the difference between household grade disinfectant and hospital grade disinfectant?

Hospital grade disinfectants must meet government standards for use in health care settings. A household or commercial grade disinfectant must also meet government standards, but the testing is not as comprehensive as it is for hospital grade disinfectants and the standards to be met are lower. The label on the product will say if it is a hospital grade disinfectant. Household or commercial grade disinfectants are suitable for use in places that are not health care settings.

Which areas should be cleaned and disinfected, and how often?

Any surfaces that are frequently touched should be prioritised for cleaning, such as door handles, light switches, horizontal surfaces

including tables and counter tops, phones, EFTPOS machines, touch screens, and workplace amenities (such as toilets). Any surfaces that are visibly dirty should also be cleaned as soon as they are identified, regardless of when they were last cleaned.

Buildings that are accessed by the public should be cleaned at least every day. If your building has many customers or others entering each day, more frequent cleaning is recommended.

What is meant by a frequently touched surface?

A frequently touched surface is a surface that is touched multiple times each day by the same person or different people. Door handles and push plates, light switches, and handrails are examples of frequently touched surfaces in public thoroughfare areas or hallways.

How do I use cleaning and disinfecting chemicals safely?

Know what chemicals you are handling. Read the product label before use, and make sure you understand the instructions and follow all recommendations. You may need to wear personal protection items. Make sure you only use chemicals in well ventilated areas, as many release fumes that can irritate your eyes and lungs and cause nausea or headaches. Be especially careful when diluting concentrated cleaners. Be aware of potential irritation from the cleaning chemicals to passers-by. Never mix different chemicals together, unless the product label explicitly tells you to do so. Some common cleaning chemicals react when combined to create toxic gas that can be fatal if inhaled.

What if a known case of COVID-19 has been in the building?

The building will need to be cleaned and disinfected as soon as possible.

Generally, the cleaning and disinfecting that occurs after a case of COVID-19 can be done with the same products that are usually used for cleaning and disinfecting. Contact the local public health unit or DHB IPC Service for further advice about what needs to be done.

How should soft or porous surfaces be cleaned?

Follow your usual procedures for cleaning or laundering soft or porous materials like carpet, rugs or seating.

Are there any cleaning methods I shouldn't use?

You should avoid any cleaning methods that may spread the virus or create droplets, such as using pressurised water, pressurised air (including canned air cleaners), dry cloth and dusters.

Is 'fogging' an effective disinfectant method?

Physically cleaning surfaces with detergent and warm water, followed by disinfection when needed, is the most effective way to kill the virus that causes COVID-19. Fumigation or wide-area spraying (known as 'disinfectant fogging') does not clean surfaces effectively and there is little evidence that it is effective at killing COVID-19. Additionally, if fogging is not done correctly, it can expose workers and others to hazardous chemicals.

Is a sanitiser a disinfectant?

A sanitiser is a chemical that is designed to kill some, but not all, bacteria and some viruses that can cause disease in humans or animals. These chemicals are not as strong as disinfectants, which makes them safe to use on skin. For example, provided your hands are not soiled, when you should wash your hands with soap and water, a hand sanitiser with $\geq 60\%$

alcohol will kill the COVID-19 virus. If you're disinfecting a hard surface or object use a disinfectant not a sanitiser.

Can I make my own disinfectant?

Store-bought disinfectants meet government standards, so you know they will work. However, if you don't have store bought disinfectant available, you can prepare a disinfecting solution using bleach and water. If using bleach, mix with water, following the dilution instructions provided by the manufacturer. Fresh bleach solution should be made every 24 hours. Do not use products such as vinegar, baking soda, essential oils, mouthwash or saline solution – these will not kill COVID-19.

Will an antibacterial product kill COVID-19?

Most disinfectants will kill both bacteria and viruses. To be called a disinfectant wipe or solution it must kill both bacteria and viruses. Antibacterial products are designed specifically to kill bacteria, however, COVID-19 is caused by a virus rather than by bacteria, so unless it has an antiviral claim, an antibacterial product may not be effective.

Detergent and warm water are suitable for cleaning surfaces and should be used prior to using a disinfectant.

Can I use the same disinfecting wipe on multiple surfaces?

No. Disinfecting wipes are designed to be used on a single surface and then disposed in a rubbish bin (not flushed down the toilet). If you use a disinfecting wipe on multiple surfaces it will lose its effectiveness and may even transfer germs from one surface to another. If the product you are using is not a combined (2-in-1) cleaning and disinfecting wipe, clean the surface first.

Cleaning Checklist

Front of House

Clean and disinfect all 'high-touch' surfaces

- Table, bar and counter tops (Top and under)
- Chairs & Bar stools – where applicable to be able to be wiped
- Food cabinets inside and outside.
- Door handles and Push plates
- Light switches
- Handrails
- EFTPOS machines
- Touch Screens
- Drinks fridges and handles
- Coffee Machine
- Hot wash all glassware, crockery, plates, cups, utensils- in a commercial dishwasher with appropriate dishwasher chemicals. Ensure dishwasher is at correct temperature.
- Wipe and disinfect all salt and pepper shakers, napkin dispensers and containers that have been touched by customers
- Wipe and disinfect all Menus if covered by plastic
- Clean bathroom fixtures, including toilet roll holder, mirrors, taps, soap dispensers, air hand dryers, paper towel dispensers and toilets with a separate set of cleaning equipment (disposable cleaning cloths, etc) using disinfectant or bleach solution. Toilets should be the last item in bathroom to clean.

- Vacuum the carpet. Steam cleaning of carpets and rugs is not required.
- Clean all outside tables, chairs and furniture
- For hard floor surfaces, clean the floor with the prepared disinfectant or bleach solution, starting from one end of the premises to another (from the far side of the room working your way to the exit/door).

Back of House

Clean and disinfect all surfaces

- All areas where food is being prepared
- Trolleys, under benches, cupboards
- Door handles and push plates
- Wash all utensils, plates, kitchen equipment in a commercial dishwasher with appropriate dishwasher chemicals. Ensure dishwasher is at correct temperature
- Clean all washing stations and sinks including taps and surrounds
- Clean grills, cooking equipment, ovens
- Clean high touch point surfaces like Fridge and Freezer Doors
- Wipe all walls
- For hard floor surfaces, clean the floor with the prepared disinfectant or bleach solution, starting from one end of the premises to another (from the far side of the room working your way to the exit/door)
- Empty, clean and disinfect all bins