

Sanitizing and Disinfecting

Importance of Sanitizing

Germ (bacteria, virus and fungus) are microscopic and can be found on any surface.

Some of these germs can cause disease but their numbers can be significantly reduced by sanitizing and disinfecting surfaces in the kitchen, bathroom and on toys.

Taking the time to clean and sanitize these surfaces can reduce the transmission of disease.

Sanitizing Food Contact Surfaces

Sanitize all food contact surfaces after use or after coming into contact with raw meats or other sources of contamination.

First – Clean the surfaces with soap and hot water.

Second – Rinse the article or surface with clean, clear water.

Third – Mix 1 teaspoon of liquid household bleach** (unscented) in 1 gallon of water. Immerse the article for one minute in the bleach water or allow the mixture to sit on a surface for one minute. Allow to air dry.

**Use any approved sanitizer – ask your CHS inspector or DFS personnel for additional information.

Surfaces to Clean And When to Clean & Sanitize Them

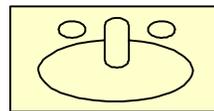
Kitchen Countertops – Clean and sanitize after meal preparation or after any time that they may have become contaminated.

Kitchen Utensils – Clean and sanitize after each meal. Clean and sanitize knives, cutting boards, utensils, plates, etc. after use with raw meats and before use with foods that will not be cooked.

Bathroom Surfaces – Clean with soap and water, rinse and use the sanitizing solution described previously at the end of each day.

Toys – Clean with soap and water, rinse and use the sanitizing solution described previously at least once a week or more often if the children have colds or flu.

Diaper Changing Area – This area is especially important since many diseases are spread from this area or your hands because they have become contaminated by changing diapers (even when you cannot see any visible soil). Use disposable towels to wipe up any visible soil. Wash the surface with soap and water. Apply a sanitizer and let air dry.
MAKE SURE YOU WASH YOUR HANDS THOROUGHLY WHEN DONE AND BEFORE HANDLING ANYTHING ELSE.



Proper Hand Washing

Wet hands and lather with soap, rubbing front and back of hands, making sure to include wrists and fingertips. Wash for at least 20 seconds (check the time – it's longer than you think). Rinse with warm water and dry with a disposable towel. Use the paper towel to turn off the water faucet.