Office Cleaning Recommendations for Coronavirus Prevention

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Sustainable Design Consulting, LLC offers the following guidance to prevent the spread of the novel coronavirus, COVID-19 in the workplace based on information provided by the Centers for Disease Control and Prevention (CDC), the US Environmental Protection Agency (EPA) and Green Seal.

How COVID-19 Spreads

− The virus is thought to spread mainly from person-to-person in close contact (within about 6') through respiratory droplets produced when an infected person coughs or sneezes.
− It may be possible to get COVID-19 by touching a surface or object with the virus on it and then touching your mouth, nose, or eyes, but this is not the main way the virus spreads.
− Current evidence suggests that COVID-19 may remain viable for hours to days on surfaces.

Office Cleaning Recommendations

− Clean AND disinfect frequently touched objects and surfaces (tables, workstations, keyboards, telephones, handrails, doorknobs, light switches, handles, toilets, faucets, and sinks) using household cleaners or soap and water and EPA-registered disinfectants that are appropriate for the surface, following label instructions.
  o Cleaning = removal of germs and dirt from surfaces but does not kill germs
  o Disinfecting = use of chemicals to kill germs on surfaces but does not remove dirt. Killing germs on a surface after cleaning can reduce the risk of spreading infection.
− Select a disinfectant with these safer active ingredients (do not cause allergic reactions, asthma, or exacerbate asthma):
  o hydrogen peroxide
  o citric acid
  o lactic acid
  o ethyl alcohol (also called ethanol or just alcohol), or
  o isopropyl alcohol
− EPA-registered disinfectant products with these active ingredients include:
  o EnvirOx Critical Care
  o Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant
  o OXIVIR™ WIPES (Diversey, Inc)
  o URTHPRO Peroxide Multi Surface Cleaner and Disinfectant (URTHTECH, LLC)
  o Peroxide Multi Surface Cleaner and Disinfectant (Ecolab)
  o Peroxide Disinfectant and Glass Cleaner RTU (Ecolab)
- Clorox Pet Solutions Advanced Formula Disinfecting Stain & Odor Remover
- If anyone suspected/confirmed to have COVID-19 has been in the facility, perform enhanced cleaning and disinfection per the CDC cleaning and disinfection recommendations.

Additional Preventive Measures

- Avoid close contact with people who are sick.
  - Stay home when you are sick.
  - Avoid touching your eyes, nose, and mouth.
  - Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
  - Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately wash hands or use hand sanitizer.
  - Avoid using other employees’ phones, desks, offices, or other work tools and equipment, when possible. If needed, clean and disinfect them before and after use.
  - Practice social distancing by avoiding large gatherings and maintaining distance (approximately 6 feet or 2 meters).
  - Employers can provide disposable alcohol-based wipes or sprays containing at least 70% alcohol so that commonly used surfaces (doorknobs, keyboards, light switches, electronics) can be wiped down by employees before each use.

Resources

Centers for Disease Control and Prevention

US Environmental Protection Agency
- List N: Disinfectants for Use Against SARS-CoV-2: https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Green Seal
- How to Safely Disinfect for Coronavirus: https://www.greenseal.org/blog/how-to-safely-disinfect-for-coronavirus

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