#WECARE

When and how should we clean and disinfect workplaces?

Cleaning a workplace is defined as removing any dirt, such as dust, food waste or foreign bodies, which cause micro-organisms growth. Disinfection is defined as the reduction of the number of micro-organisms, which are living cells. Cleaning and disinfecting workplaces improve the working environment and reduce infections as well as development of microbial and other related risks.

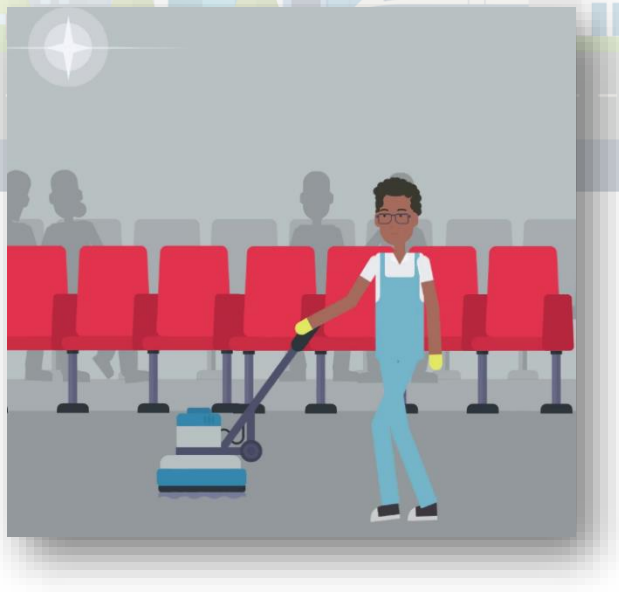
The novel coronavirus SARS-CoV-2 is an RNA virus that is transmitted mainly through large respiratory droplets and contact, but other ways of transmission may also exist. The survival time and conditions that influence the survival of SARS-CoV-2 in the environment are currently unknown, however, according to studies evaluating the stability of other coronaviruses, it is estimated that SARS-CoV-2 can survive several days in the environment on different surfaces.

The following instructions refer to two different cases: 1) Instructions on periodic cleaning of workplaces without suspicion of SARS-COV-2 contamination and 2) Instructions on expansible cleaning of workplaces that may have been potentially contaminated by the novel coronavirus, that is, a space in which a suspected, close or confirmed case has occurred. In both cases, allow the cleanser and/or disinfectant products used to dry in the natural air and follow the manufacturer's instructions.

1) Instructions on periodic cleaning of workplaces

Systematic and adequate periodical ventilation of all areas is required.

- ✓ Scholastic application of cleaning standards, by emphasizing on frequent cleaning of frequently used surfaces (eg knobs, handles, ladder or railing, lifts, switches, taps etc.) with common detergents, such as liquid soap and water, or 10% household bleach solution (1-part household bleach diluted in 10 parts water) or an alcoholic antiseptic.
- ✓ It is highlighted that cleaning personnel, should wear disposable gloves and work uniforms. The gloves should be disposed of immediately after use, in plastic waste bin bags and no attempts should be made to clean and re-use them. Note that the use of disposable gloves, doesn't replace proper hand washing in any way.



PRESS HERE TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Headquarters: 51 Samou str & fragkokklisias str, Maroussi 151 25, Athens T: 210 94 05 866 E: info@gepgroup.gr
North Greece Branch: 115 Akadimou str, Evosmos 562 24, Thessaloniki T: 2310 686 070 E: thessaloniki@gepgroup.gr

- ✓ Plastic bin bags, when filled, should be tightly tied and removed immediately.

2) Instructions on expansible cleaning of workplaces that may have be contaminated by the novel coronavirus

Due to the potential survival of the SARS-CoV-2 virus in the environment for several days, areas and surfaces likely to be infected with the virus should be disinfected prior to reuse. Although no data is available on the efficiency of the specific antimicrobial agents against this SARS-CoV-2 virus, it is necessary to use products containing antimicrobial agents effective against coronaviruses.

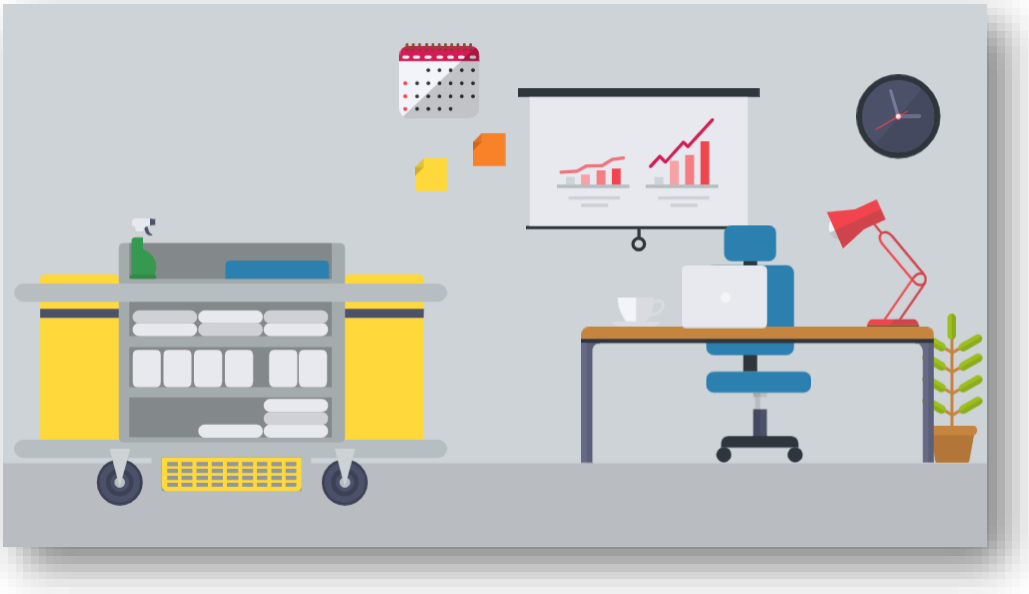
Several antimicrobial agents have been tested against various coronaviruses. Some of the active ingredients, e.g. sodium hypochlorite (contained in household bleach) and ethanol are widely used in non-sanitary and non-laboratory units.

Antimicrobial agents with efficacy against several coronaviruses

Antimicrobial agents	Concetration	Checked Coronavirus
Ethanol	70%	HCoV-229E, MHV-2, MHV-N, CCV, TGEV
Sodium Hypochlorite	0.1-0.5%	HCoV-229E
	0.05-0.1%	SARS-CoV
Povidone iodide	10% (1%)	HCoV-229E
Glutaraldehyde	2%	HCoV-229E
Isopropanol	50%	MHV-2, MHV-N, CCV
Benzalkonium chloride	0.05%	MHV-2, MHV-N, CCV
Sodium chlorite	0.23%	MHV-2, MHV-N, CCV
Formaldehyde	0.7%	MHV-2, MHV-N, CCV

PRESS HERE TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Although no data is available on the efficiency of the above antimicrobial agents against SARS-CoV-2, it is recommended to use 0.1% sodium hypochlorite (dilution 1:50 if 5% home chlorine is used) after cleaning with a neutral detergent. For surfaces that are likely to be damaged using sodium hypochlorite, use of ethanol at 70% concentration after cleaning with a neutral detergent is suggested.



All contaminated surfaces, such as walls and windows, toilet bowl and bathroom surfaces, should be carefully cleaned. All fabrics (curtains, sheets, etc.) should be washed with hot water (90oC), adding a detergent. If this is not possible due to the nature of the fabrics, special products containing sodium hypochlorite or disinfectants specific to these fabrics should be used.

The personal protective equipment for cleaning personnel in the case of a possibly contaminated by the novel coronavirus workplace, includes:

- ✓ Masks with high respiratory protection FFP2 or FFP3,
- ✓ Protective glasses,
- ✓ Disposable waterproof protective uniform with long sleeves and
- ✓ Disposable gloves

The discarded equipment should be treated as potentially infectious material and disposed of in accordance with national law. If non-disposable protective equipment is used, it should be disinfected with suitable disinfectants (eg 0.1% sodium hypochlorite or 70% ethanol) after each use. In case of other disinfectants are used, manufacturer's instructions should be followed. When using disinfectants, areas should be well ventilated.

PRESS HERE TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Specific details for disinfection

Public areas where a symptomatic person has just passed, such as corridors, are recommended to be cleaned accordingly with the usual cleaning procedures and always in accordance with the detergent / disinfectant manufacturer's instructions and the relevant national legislation.

The surfaces contacted by a symptomatic person should be cleaned and disinfected in accordance with the above instructions. These surfaces include:

- ✓ objects that are visibly dirty / contaminated with body fluids
- ✓ all surfaces that are possibly contaminated such as bathrooms, toilets, door handles, telephones, desks, computers etc.

In order to clean and disinfect all hard surfaces, floors, chairs, knobs, etc., disposable cloths or cleaning tissues and removable mops should be used. The cloth, tissues and mop heads should be disposed of after each use in special bags and treated as infectious waste if cleaning involves areas where a confirmed case has passed. Splashing and spraying during cleaning and disinfecting should be avoided.

Where some items cannot be cleaned, washed and / or disinfected as described above, such as e.g. furniture upholstered or upholstered, steam cleaning shall be used.

Although it is still unclear at which point the risk of transmission is eliminated, it is estimated that it will decrease over time. Studies with SARS-CoV and MERS-CoV have shown that, in most cases, the risk is likely to be significantly reduced within 72 hours. For this reason, if possible, it is recommended that cleaning should be done 72 hours after the presence of a possible or confirmed case in the area, as the viral load is expected to be significantly reduced within this time.

It is recommended to keep cleaning personnel's contact details in the event of a possible or confirmed case, for probable contact tracking and monitoring for 14 days after cleaning.

PRESS HERE TO SEE GEP'S VIDEO ON PREVENTIVE MEASURES!

Headquarters: 51 Samou str & fragkokklisias str, Maroussi 151 25, Athens T: 210 94 05 866 E: info@gepgroup.gr
North Greece Branch: 115 Akadimou str, Evosmos 562 24, Thessaloniki T: 2310 686 070 E: thessaloniki@gepgroup.gr