

SANITATION AND DISPOSAL

Procedure to clean, sanitize, and disinfect a vessel and dispose of PPE

Dedicated person(s) should be assigned to these tasks of cleaning, sanitizing and disinfecting. After tasks are completed, they should spray disinfectant chemical on the soles of their shoes, to prevent cross-contamination. They should also change out of their clothes, send to laundry in sealed bag, and take a shower.

CLEAN, SANITIZE, AND DISINFECT COMMON AREAS DAILY

When illness has been identified on board consider disinfecting surfaces multiple times per day.

Cleaning uses soap or detergent to remove dirt and debris from surfaces.

Sanitizing is meant to reduce, but not kill, the occurrence and growth of germs from surfaces.

Disinfection uses a chemical to kill germs on surfaces that are likely to harbor germs.

Disinfectants work best on a clean surface and usually require a longer surface contact period (between 1 - 10 minutes) to work.

Surfaces that people touch a lot (door handles, railings, light switches, chairs, tables) and bathroom and kitchen surfaces should be cleaned, sanitized, and disinfected routinely.

SUPPLIES FOR CLEANING, SANITIZING, AND DISINFECTION

Ensure supplies are stocked and available for cleaning and disinfecting:

Personal protective equipment: disposable gloves, eye protection, clothing that covers exposed skin, face mask

Properly labeled spray bottles & measuring cups

Scrubbing pads/cleaning brushes, paper towels, garbage bags.

HOW TO USE "DISINFECTANT WIPES" EFFECTIVELY

To use wipes for disinfecting, use a "wipe, discard, wipe" technique. Wipe the surface to clean away dirt or debris, discard the wipe, and then wipe again with a fresh wipe and allow surface to air dry.

STEPS FOR CLEANING, SANITIZING, AND DISINFECTING USING SPRAY SOLUTIONS

1 Clean first:

Spray your surface with a cleaning solution. Wipe or rinse with water. Use a scrubbing pad or brush to remove debris. If using a disinfectant cleaner, follow the instructions on the label for cleaning.

2 Apply your Sanitizer/Disinfectant:

Wet the surface and leave solution on the surface for the recommended contact time, generally between 1 -10 minutes.

Dry with a paper towel or let the surface air dry.

HOW TO MIX A BLEACH SOLUTION

Identify the bleach/sodium hypochlorite % on the label and prepare your sanitizing or disinfecting solution based on the surface or area you are cleaning (see table below).

Use cool water, not warm or hot water, for mixing.

Mix fresh solutions for sanitizing and disinfecting. If using a spray bottle, mix daily, and if using a bucket with rags, make a new batch every 2-4 hours.

Always add the bleach to the water.

Do not mix liquid bleach with other cleaning products.

| | | |
|--|------------------------------------|---------------------|
| | To one gallon of cool water, add*: | |
| | 8.25% bleach/sodium | 5.25% bleach/sodium |

| | hypochlorite | hypochlorite |
|--|---------------|---------------|
| Sanitizing (100 PPM) | 1 teaspoon | 2 teaspoons |
| Disinfecting (600 PPM)* | 2 tablespoons | 3 tablespoons |
| Special disinfecting (5000 PPM): vomit, diarrhea, blood | 1 cup | 1 ½ cups |

*Contact time: Wet for 10 minutes or as specified on the label when used as a disinfectant.

*Per Washington State Department of Health

Cleaning a vessel after a suspected COVID-19 exposure

Cleaning recommendations are based on existing CDC infection control guidance for preventing COVID-19 from spreading to others in homes.

STEP 1: Restrict access to rooms used for isolation or quarantine for at least 2 hours after the sick person has left the room/cabin

STEP 2: Clean surfaces infected by the respiratory secretions of a sick person suspected with COVID-19 (for example, in the sick person’s living quarters or work area, and in isolation rooms) while wearing appropriate PPE and maintaining awareness of OSHA Bloodborne Pathogen Standard.

- Ensure adequate ventilation
- Use disinfectant products against COVID-19 with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims.
(<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>)
- Wear PPE compatible with the disinfectant products being used and approved for use onboard the ship, including gloves, gowns, face shields, and masks
- Remove carefully gloves and gowns to avoid cross-contamination and the surrounding area.
- (See Job Aid: How To Remove Gloves Procedures for proper removal of gloves)
- A face shield or facemask and goggles should also be worn if splashes or sprays during cleaning are anticipated.
- Perform hand hygiene upon removing and disposing gloves by washing hands often with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contain 95% alcohol. (See Job Aid: Washing Hands)
- Clean all “high-touch” surfaces in the sick person’s room/cabin (for example, counters, tabletops, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables) according to instructions described for the above EPA-registered product.
- If visible contamination (for example, blood, respiratory secretions, or other body fluids) is present, follow OSHA Bloodborne Pathogen Standards. CDC guidelines recommend remove spill matter, cleaning the site, and then disinfecting the site with the above EPA-registered disinfectant. For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present, and wash according to the manufacturer’s instructions. Clean and disinfect unremovable materials with products mentioned above and allow to air dry.

STEP 3: Launder soiled textiles, linens and dispose of PPE appropriately.

- When cleaning is completed, collect soiled textiles and linens in sturdy leak-proof containers; these can be laundered using conventional processes following your standard operating procedures.
- Follow standard operating procedures for containing and laundering used linen. Avoid shaking the linen.
- PPE should be removed and placed with other disposable items in sturdy, leak-proof (plastic) bags that are tied shut and not reopened. The bags of used PPE and disposable items can be placed into the solid waste stream according to routine procedures. Follow your standard operating procedures for waste removal and treatment.
- No additional cleaning is needed for the ship’s supply-and-return ventilation registers or filtration systems.
- No additional treatment of wastewater is needed.

STEP 4: Clean and disinfect any reusable equipment that may have been exposed.

- Clean and disinfect reusable patient-care equipment before use on another patient, according to manufacturer’s instructions.