

## Deep cleaning guidance in Care Homes

Deep cleaning is a more enhanced programme of environmental cleaning, which compliments the routine daily cleaning in a care home. It includes the thorough cleaning of all surfaces, floors, soft furnishings and re-useable equipment either within the whole environment or in a particular area, e.g. resident's room.

### Colour coding

All care home facilities are recommended to adopt the national colour coding scheme for cleaning materials (see below). All disposable and reusable cleaning items, e.g. cloths, mops, buckets, aprons, should be colour coded.

|  |   |
|--|---|
| <b>Red</b><br>Bathrooms, showers, toilets, basins and bathroom floors                  | <b>Blue</b><br>General areas, including lounges, offices, corridors and bedrooms                      |
| <b>Green</b><br>Kitchen areas including satellite kitchen areas and food storage areas | <b>Yellow</b><br>Bedrooms when someone has an infection and is cared for in their own room (isolated) |

### Equipment required for a deep clean

The golden rule for cleaning is to always work from the cleanest area toward the dirtiest area, and from top to bottom, covering all surfaces using a 'S' shaped pattern, taking care not to go over the same area twice. This will greatly reduce the risk of cross contamination. PPE should always be worn, e.g. disposable gloves, apron and eye protection (if there is a risk of splashing to the eyes).

- Clean colour coded buckets, e.g. blue for bedroom, red for en-suite (see colour coding above).
- Disposable colour coded cloths. A new colour coded cloth should be used for each room, be changed as they become soiled and disposed of after use.
- Colour coded floor mop. It is preferable to use disposable mop heads. Reusable mop heads should be laundered on a hot wash after each use.
- Cleaning and disinfectant products, either:
  - A dual purpose cleaning and disinfectant solution at a dilution of 1,000 parts per million available chlorine, e.g. Chlor-Clean, Actichlor Plus

or

- Warm water and pH neutral detergent, this should be changed for each episode of cleaning and when moving from one room or environment to another, and when water is visibly dirty or contaminated, followed by a freshly made chlorine-based disinfectant solution, e.g. Milton at 1,000 parts per million (dilution of 1 in 20, e.g. 50 ml of Milton in 1 litre of water) for MRGNB and MRSA or a virucidal product for viral gastroenteritis, sporicidal product for *Clostridioides difficile*

Note: Chlorine-based disinfectants may damage soft furnishings, carpets and furniture. Therefore, detergent and warm water, steam cleaner or carpet shampoo machine, should be used as appropriate.

- Vacuum cleaner fitted with a high particulate filter (HEPA filter).
- Steam cleaner or carpet shampoo machine.

### Before cleaning

- Collect all cleaning equipment and appropriate waste bags.
- The person responsible for undertaking the cleaning with detergent and disinfectant should be trained in the process.
- Hands are cleaned before putting on PPE.
- Follow the 'Procedure for a deep clean of a resident's room'.

### Upon completion of the deep clean

- Hand are cleaned before removing and disposing of each item of PPE, e.g. pair of gloves, apron, facial protection.
- Ensure all single use PPE is disposed of appropriately and reusable eye and facial protection is cleaned, disinfected and stored appropriately to avoid the risk of contamination.

## Example: Procedure for deep cleaning a resident's room

*(Deep cleaning should include the following, but is not an exhaustive list)*

A risk assessment should be undertaken to identify the order in which the room should be deep cleaned, e.g. working from top to bottom

|    | Task  | Instructions  | Signature | Date |
|----|---|---|-----------|------|
| 1. | Windows   | Open windows to facilitate drying and prevent build-up of fumes from chlorine-based disinfectant solution.  |           |      |
| 2. | Consumable items  | Dispose of all consumables, e.g. flowers, chocolates, waste, PPE, tissues, paper towels, toilet rolls, into your appropriate waste bags, such as orange for infectious waste, yellow and black for offensive/hygiene waste or black/clear domestic waste.   |           |      |
| 3. | Reusable equipment, e.g. glucometer, blood pressure monitor, digital thermometer, commode (including underneath surfaces and frame), wheelchair, walking frame, fans, hoist, shower chair | Clean and disinfect equipment before removing from the room.<br><br>Remove PPE and clean hands to take equipment out of the room for storage, then come back in room, clean hands and put on new PPE.<br><br>Equipment should not be returned to the room until the deep clean has been completed.  |           |      |
| 4. | Soft furnishings, , including curtains scatter cushions and covers  | Launder wherever possible (see 5 below) or if not possible, steam clean.  |           |      |
| 5. | Linen, towels, hoist sling and other laundry  | A red water soluble (alginate) bag for infected linen. The alginate bag should then be placed in a white waterproof or fabric/nylon/polyester bag. Additionally, the outer bag must be labelled as 'infectious linen'. If a fabric bag is used, it should be laundered after each use. If a lidded solid plastic laundry bin designated for transportation of the red water soluble bag to the laundry is used, it should be cleaned and disinfected inside and out after removing the red bag. |           |      |
| 6. | Lampshades  | Remove shade and if wipeable, clean and disinfect, or steam clean. If not wipeable with disinfectant or unable to be steam cleaned, they should be disposed of with other waste (see 'Consumables' above).  |           |      |
| 7. | Curtain rails and tracks  | Clean and disinfect.  |           |      |

|     | Task  | Instructions  | Signature | Date |
|-----|---|---|-----------|------|
| 8.  | Picture rails, dado rails   | Clean and disinfect.  |           |      |
| 9.  | Doors, including door handles and door frames   | Clean and disinfect.  |           |      |
| 10. | Light switches and fittings   | Clean and disinfect.  |           |      |
| 11. | Windows inside, window sills and frames   | Clean and disinfect.  |           |      |
| 12. | Vertical surfaces, including drawer fronts, wardrobe doors                            | Clean and disinfect.  |           |      |
| 13. | All ledges, flat surfaces and tops of wardrobes, inside drawers, cupboards, wardrobes | Clean and disinfect.  |           |      |
| 14. | Furniture, e.g. bedside cabinets, upholstered chairs and footstools, over bed tables  | Clean and disinfect hard surfaces, steam clean soft surfaces, e.g. upholstery.  |           |      |
| 15. | Bed, headboard, frame including under mattress and mattress, bed rails and bumpers    | Clean and disinfect. Both sides of the mattress should be cleaned, checking the cover for visible signs of tears and staining, unzip and check inside cover and foam mattress for stains. If evidence of staining, mattress and cover should be replaced.   |           |      |
| 16. | Radiators and radiator covers   | Remove radiator cover. Clean and disinfect cover and radiator.  |           |      |
| 17. | Skirting boards   | Clean and disinfect.  |           |      |
| 18. | Carpet  | Vacuum followed by steam cleaning or carpet cleaning machine.   |           |      |
| 19. | En-suite  | Clean and disinfect all surfaces, e.g. soap dispensers, paper towel holder, bathroom cabinet, shelving, bath/shower, shower curtain and rail/door, taps, sink, hand rails, toilet handle, raised toilet seat, toilet, toilet roll holder, waste bin. Ensure you work from the cleanest area to the dirtiest area. |           |      |
| 20. | Wash bowl (discard if scratched or damaged)   | Clean and disinfect.  |           |      |
| 21. | Flooring - washable   | Clean and disinfect.  |           |      |
| 22. | Stock   | Restock room with consumables, e.g. paper towels, PPE.  |           |      |
| 23. | Make bed  | Make the bed with clean linen.  |           |      |
| 24. | Hang curtains   | Hang clean curtains if they have been removed.  |           |      |
| 25. | Documentation   | Complete, sign and date document.   |           |      |