



# What Everyone Needs Need to Know about Disinfection, Sanitizing and Cleaning

## *Sharing “How To” Guidance and Tips with Food Service, Healthcare, Commercial, and Education Personnel Is Crucial*

The world is full of high-touch areas and objects where microorganisms thrive and can then be transferred person-to-person. Hands rub eyes, touch food, or go into the mouth, or they touch

classmates and other objects. To complicate matters, many infectious disease agents are tenacious and can survive for hours or for longer periods (up to 30 days or more) on hard surfaces.<sup>1</sup> In some instances, as few as 10 viral particles can cause infection.<sup>2</sup>

The possibilities are endless, so when an infectious disease sweeps through a facility, immediate action and ongoing disinfection diligence can help break the cycle.

**In a 2006 survey of high school athletic departments in Texas, MRSA (methicillin-resistant *Staphylococcus aureus*) infections were reported among athletes in 60 of 186 schools.<sup>3</sup>**

### **From High Touch Areas to Hands**

Research has demonstrated that 65 percent of viruses can be transferred to uncontaminated hands from hard surfaces and objects and children's ability to pick up and bring pathogens from home to daycare, school, or church and back again. From there, 34 percent can be transferred to the

### **The Economic Burden of Infectious Diseases Is Enormous**

Missed school days for students and teachers lead to increased costs for school districts, for parents (who have to stay home to care for their children), and for employers of the absent parents who experience lost productivity.

- Nearly 189 million school days are lost each year due to colds.<sup>4</sup>
- 38 million school days are lost each year due to influenza.
- Teachers are absent more days per year due to illness than students. Teachers lose an average of 5.3 days a year, while students are absent 4.5 days a year.<sup>5</sup>







mouth.<sup>2</sup> Younger children, prone to behaviors that spread infections, put fingers in their mouths once every three minutes. Children up to six years of age average a hand-to-mouth frequency of 9.5 contacts per hour.<sup>2</sup>

So, focusing on personal hygiene practices, such as washing hands frequently with soap and water and using hand sanitizers, is important. Disinfecting high-touch items in the classroom is needed using effective disinfectants properly. It's often a hard-fought battle because pathogens are typically spread widely well before symptoms appear.

### Which Products Do What? Knowing the Difference Can Make ALL the Difference

Most of us don't make much of a distinction between the terms

"cleaner," "sanitizer," and "disinfectant". However, these are actually terms defined by federal regulations for each of these types of products. And, for disease control in public places, offices, and schools or at home, it's important to understand the difference when selecting the correct products to use.



Encouraging frequent hand washing is a good first step. But that's not enough. High-touch areas must be properly cleaned and disinfected. Dr. Charles Gerba, an internationally-recognized environmental microbiologist and professor at the University of Arizona, has conducted extensive school-based studies on disease transmission. In one controlled study in an elementary school, absenteeism was reduced by 50 percent when desks were cleaned and properly disinfected.<sup>4</sup>

**Cleaning physically removes germs, dirt, and other impurities from surfaces or objects.** This does not necessarily kill pathogens, but by removing them, lowers their numbers and helps to reduce the risk of spreading infection.

**Sanitizing chemically lowers the number of bacteria on surfaces or objects to a safe level.** Sanitizers (on non-food contact surfaces) reduce 99.9 percent of bacteria (but not necessarily other pathogens like many viruses) listed on the product label. The actual "kill" often occurs on the cloth used in the sanitizing process as well as on the surfaces being sanitized.<sup>6</sup>

**Disinfecting kills all microbes listed on the product label.** Killing pathogens on a surface (especially on high-touch areas) after cleaning further reduces the risk of spreading infection. Many quat-based disinfectants are "one-step" products – they clean and disinfect in one operation. Be sure school purchasing agents select disinfectants labeled with directions for use in medical settings. This helps to assure that the product will help to control a broader spectrum of pathogens...and likely will manage the ones creating health issues in the school.

### Pathogens Are Everywhere

Disinfectants kill 100 percent of the disease-causing agents indicated on the product labels when used according to directions. They must be properly applied and then must be allowed to remain as visible liquids on the surface for a specific period of time that is specified on the label. All high-touch hard surface areas – door knobs and push panels, pencil sharpeners, keyboards, desktops, bathroom fixtures, and paper towel dispensers—should be on the "hit list" for disinfection. For vertical surfaces, foam products will be the most practical to use to achieve the needed "contact time" during which the disinfectant is in contact with the surface.

## Viruses

Viruses are divided into three categories (A, B, C), based on the presence/absence of lipids on the virus and on the virus's size. The lipid outer envelope and the virus's size are the two primary characteristics that most influence the impact of disinfectants on the organism.

## Influenza

Influenza viruses belong to Category A, which includes all enveloped viruses of intermediate-to-large size. The presence of lipids is associated with a high susceptibility to all disinfectants including quats. So, even if there is no information on the efficacy of quats against a specific emerging influenza virus, such as a new avian flu, if it is an enveloped virus, quats are likely to eradicate it.<sup>7</sup> Thorough cleaning/disinfecting practices by the janitorial staff and frequent hand washing by everyone is needed.

## Norovirus

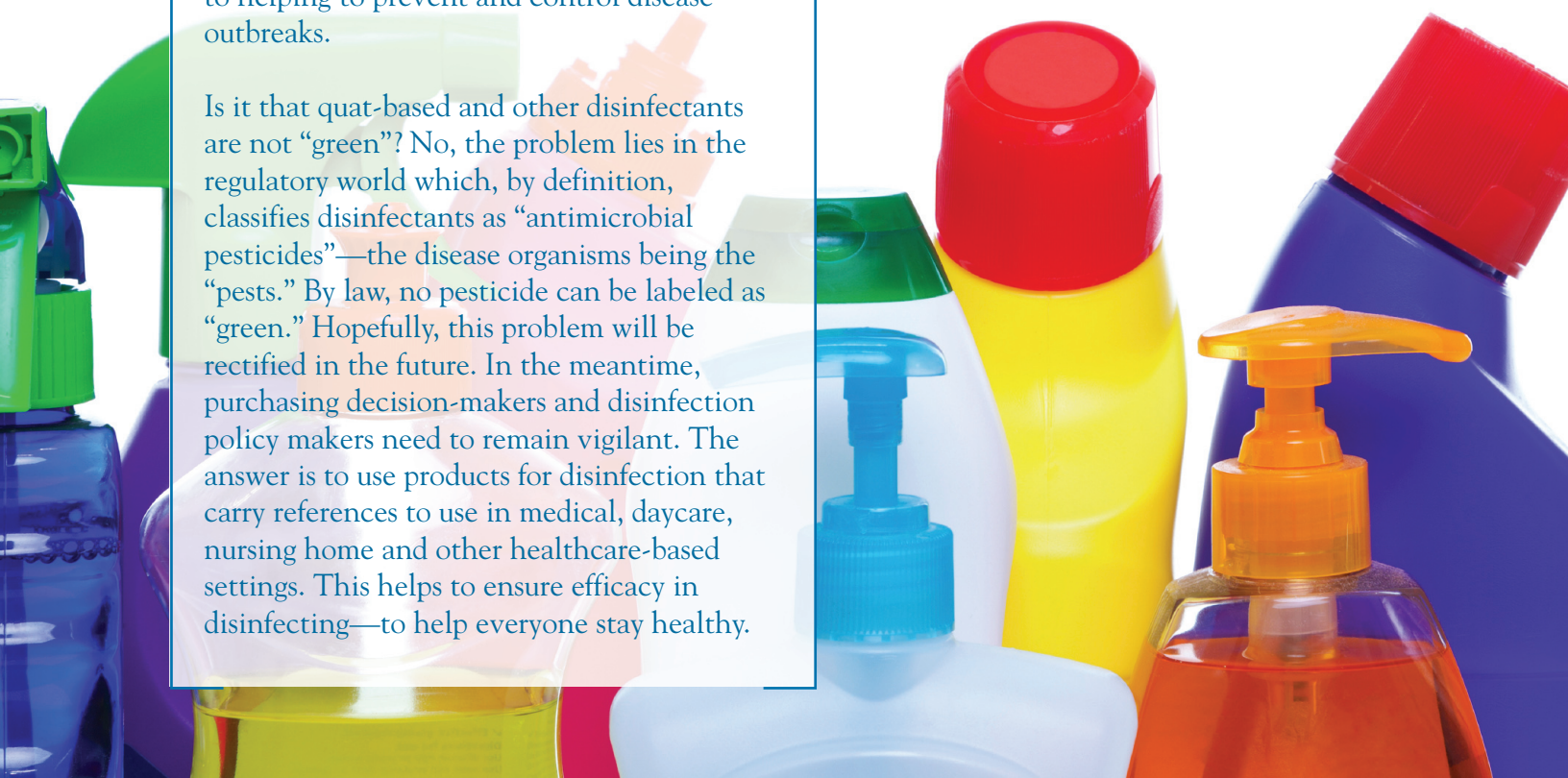
Norovirus is the most common foodborne illness in the United States.<sup>8</sup> It is a non-enveloped virus, which makes it more difficult to eradicate. Infections occur in a variety of settings such as food service, leisure (hotel, cruise ships), and institutional (schools, day-care centers, healthcare facilities).<sup>9</sup> Controlling norovirus begins with proper cleaning and disinfecting all hard surfaces and objects, along with frequent hand washing. But, using the correct disinfectant for norovirus is critical. Note that alcohol-based hand sanitizers and other products that do not manage norovirus can sometimes enhance the spread of the virus.<sup>10</sup> There are nearly 1000 different EPA-registered quat-based products that kill norovirus.<sup>11</sup> For a list, please see <http://tiny.cc/norovirusproducts>

## “Green” Products

Everyone loves “going green”—but most “green” advocates don’t realize that the vast majority of “green” products may not disinfect. Typically they are cleaners. This gives a false sense of security when it comes to helping to prevent and control disease outbreaks.

Is it that quat-based and other disinfectants are not “green”? No, the problem lies in the regulatory world which, by definition, classifies disinfectants as “antimicrobial pesticides”—the disease organisms being the “pests.” By law, no pesticide can be labeled as “green.” Hopefully, this problem will be rectified in the future. In the meantime, purchasing decision-makers and disinfection policy makers need to remain vigilant. The answer is to use products for disinfection that carry references to use in medical, daycare, nursing home and other healthcare-based settings. This helps to ensure efficacy in disinfecting—to help everyone stay healthy.

Influenza virus is a concern each winter. In one study, it was detected on up to 50 percent of classroom surfaces. Norovirus was found on up to 22 percent of surfaces during the winter when these viruses were typically circulating.





## Disinfection Requires Specific Procedures

It's crucial to understand the difference between clean/sanitize/disinfect and where to use products designed for each category of pathogen control. Single-action disinfectants (those that just disinfect but don't clean) often must be applied to pre-cleaned surfaces for maximum efficacy, especially when trying to control viruses.<sup>8</sup>

- Don't apply a disinfectant and then immediately wipe it off—follow label directions. Apply the product to the surface, then allow the liquid to remain on the surface for the recommended amount of time ("contact" or "dwell" time).<sup>13</sup> Contact time is dependent on the type and position of the surface (horizontal or vertical) and on the amount of airflow in the room. Some disinfectants must remain on the surface for up to 10 minutes...and then dry on their own. Rinsing is not typically necessary and some products are "no-rinse" formulations. **Read the labels to be certain.**
- Disinfectants are the most efficacious at higher temperatures, most of them reaching optimum efficacy above 20°C (68°F).<sup>8</sup> If the area being disinfected is colder, contact times may have to be increased.
- Change out cleaning cloths, mops, and wipes frequently, especially if they show visible dirt.
- Commercial quat-based disinfectants are sometimes purchased by the custodial team in concentrated form and then diluted before use. Custodial staffers may need assistance in understanding the importance of proper dilution and thoroughness of application. One leading expert notes: "Often, the custodians responsible for cleaning schools are not properly trained in the latest techniques to combat germs and are using outdated cleaning methods that don't completely eradicate bacteria."<sup>14</sup> Thorough, consistent cleaning of all high touch surfaces is the best defense against transmittable pathogens. Training is critical—cleaning staffs must understand how and when to clean. They

must also recognize the importance of their work and how it contributes to everyone's health and wellbeing.

- Quat-based sanitizers are used routinely in foodservice environments on non-food contact surfaces to maintain cleanliness that achieves public health standards. These kill 99.9 percent of bacteria. Tables, chairs, railings, and other high-touch areas should be disinfected, not just sanitized, when illnesses – especially those caused by viruses – are an issue.
- Dispose of housekeeping wastes properly by following these CDC guidelines<sup>14</sup>:
  - Place "no-touch" waste baskets where they are easy to use.
  - Put disposable items used to clean/sanitize/disinfect surfaces and items in the trash immediately after use.
  - Avoid touching used tissues and housekeeping waste when emptying waste baskets.

The type and frequency of wiping action on a surface being disinfected, as well as the pressure exerted during wiping, can profoundly influence the outcome of the decontamination. Improper wiping can be counterproductive by spreading localized contamination over a wider area.

Source: Sattar, Syed A.; Maillard, Jean-Yves. The crucial role of wiping in decontamination of high-touch environmental surfaces: Review of current status and directions for the future. *American Journal of Infection Control*. Vol 41, No. 5 Supplement, May 2013.

## Why Use Quat-based Products?

Quat-based disinfectants have been on the front line of disease control for more than 30 years. They are used with confidence where we live, work, learn, and play. The U.S. Environmental Protection Agency (EPA) reviews all formulations for safety and efficacy. The EPA registration number appears on the product label.

Experts note that, regardless of the method of application of the disinfectant, the most important factor is following label directions.

Hospitals and other healthcare facilities routinely use quat-based products as part of their day-to-day disinfection efforts. In fact, a recent survey of 125 hospitals in the U.S. showed that quat-based products were used in up to 84 percent of hospital disinfection activities.<sup>12</sup> Hospitals rely on quat-based products because they work, are compatible for use on metals and other hard non-porous surfaces, do not create air quality issues, and are suitable for use in patient rooms and in public areas.





It is important to use broad-spectrum products labeled for use in medical settings, to assure the product will disinfect properly. And, of course, make sure the janitorial purchasing decision-maker is aware of the difference in cleaning/sanitizing/disinfecting products and how they are best used to control disease spread.

### **Broad-spectrum Disinfectants for Traditional and Emerging Diseases**

Many EPA-registered quat-based disinfectant products work on emerging/communicable diseases as well as on flu, norovirus, and others. There is particular concern among infection-control professionals and others about controlling well-known pathogens such as *Escherichia coli*, HIV, *Hepatitis C virus*, *rotavirus*, *norovirus*, and newer ones causing threats, such as severe acute respiratory syndrome *coronavirus*.<sup>15</sup> The CDC has stated that these pathogens have been studied and found to be susceptible to “currently available chemical disinfectants.”<sup>16</sup>

Those who purchase commercial products for disinfection should always specify quat-based broad-spectrum products with healthcare setting-use instructions on the label. Labels list the pathogens that special formulations of quat-based product can control when used according to label directions.

**Emerging pathogens related to the ones on the labels are typically controlled.** As an example, respiratory illnesses attributable to Pandemic 2009 H1N1 flu, formerly called swine flu, are caused by influenza A virus. Broad-spectrum hard surface disinfectants that contain quats and other active ingredients that are effective against Influenza A Virus I Hong Kong are ALSO expected to inactivate all influenza A viruses, including swine flu.

### **Using Commercial Quat-Based Products In Facilities**

Quat-based commercial disinfectants are sold as ready-to-use liquids, wipes, sprays and aerosols. These are typically “one step” cleaners *and* disinfectants. Many facilities also purchase concentrates, because they are more economical. These solutions are applied to nonporous surfaces such as walls, floors, and solid high-touch areas and objects using a mop, a cloth or a spray application. The proper dilution rate and application procedures are critical for efficacy.

When janitorial staffers use spray bottles to apply quats to specific surfaces and objects, the droplets are of relatively large size (a “coarse spray”) and settle quickly to the surface being

“All influenza and coronaviruses should be susceptible to quats, because they are just genetic variants of the same virus. The structure of these viruses is the same, so the quats work against them all. Influenza viruses such as bird flu and swine flu are all sensitive to quats, and the same can be said for all coronaviruses. All of these viruses have a lipid layer which the quat attacks.” Charles P. Gerba, Ph.D., Professor of Environmental Microbiology, College of Agriculture and Life Sciences, University of Arizona<sup>17</sup>

disinfected. Because these compounds are stable in liquid form, they do not give off harmful/hazardous vapors.<sup>17</sup>

They must remain in place as liquids for the required “contact” time specified on the label. Surfaces, once allowed to dry, or when re-wetted by other liquids, do not represent a risk to anyone who touches them.

Experts suggest using:

- Disinfectants labeled for use in medical settings
- Color-coded microfiber cleaning cloths for different types of tasks to avoid moving pathogens from one location to another
- Flat mops for better contact between the floor and the disinfectant.<sup>18</sup>



“Use of quats in the classroom for disinfecting surfaces has been shown to reduce student absenteeism.” — Charles P. Gerba, Ph.D., *Cleaning Up: Battling Germs in School Facilities. School Business Affairs, Vol. 75, No. 2, Feb 2009*





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Facility managers and custodians must also know the right ways to clean.<sup>4</sup> Proper preparation, cleaning and disinfecting techniques are crucial. Using clean mops and cloths is important for complete infection control procedures to help kill rather than spread the microorganisms.<sup>4</sup> Mops should be changed and laundered when they become visibly soiled and at end of each shift.<sup>19</sup> Mops that are not thoroughly cleaned and dried between uses/shifts can become contaminated--even though they are always used with a disinfectant. This contamination and use of dirty cleaning cloths or sponges contribute to unintentional disease spread.<sup>20</sup>

For optimal disinfecting efficacy, pre-clean heavily soiled areas. Discard the disinfecting solution in the bucket if it gets "soiled" during the application process, as mops or cloths pick up visible dirt and debris from floors and other areas.<sup>20</sup> Organic material in the bucket, on the mop, or on the wipe or cloth can affect efficacy.<sup>20</sup> Proper dilution is critical. Read the label carefully.





Ready-to-use quat-based one-step disinfectants are available in a wide array of consumer products.

- Some formulations kill norovirus and other infectious disease agents responsible for school-transmitted illnesses. It is important to read the labels before purchasing to see which types of pathogens are controlled.
- Ready-to-use quat-based wipes also must be used as directed to achieve maximum efficacy. Change wipes often, and make sure the surface stays wet long enough to be effective. Do not wipe surfaces dry—let them air dry.

It is always advisable for adults to wipe down high touch areas in the classroom.

### Using Consumer Products in Schools, Offices, Hotel Rooms, and Elsewhere

Ready-to-use consumer cleaning and disinfection products are sold in grocery stores and elsewhere under brand names, or under store or private label brands. To assure the product has quat disinfectants in it, purchase products containing ammonium chloride compounds (typically *alkyl dimethyl benzyl ammonium chloride*, *didecyl dimethyl ammonium chloride*, or *dimethylbenzyl ammonium saccharinate*). These are shown on the ingredient panel. Be sure the word “disinfectant” is prominently featured on the label.

Product labels provide specific application instructions, including how long to leave the disinfectant on the surface being treated. These should be followed faithfully to assure adequate disinfection. Most quat-based products clean and disinfect in one step. The key is following label directions and allowing enough time for these products to do their job. For heavily soiled areas, clean first, then disinfect.



## Need More Information?

The information in this document is available at [www.quats.org](http://www.quats.org). The Quats Education Program is also available to answer questions any time. Many may already be answered in the website FAQs. We welcome your inquiries. Call us toll-free at the number below.

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